

Certificate in Therapeutic Skills and Studies

Various start dates throughout the academic year
2022-2023



Who is the course for?

This is an introductory course, which is open to anyone interested in learning how to use therapeutic skills in their personal or professional lives. These skills are beneficial to a wide spectrum of people and professions. Those working in the voluntary or statutory sectors, such as teachers, care workers, police, religious organisations, and many other professions use therapeutic skills to help carry out their various roles.

If you are considering a career in counselling or psychotherapy, this course is a prerequisite, although does not guarantee automatic entry, for those who wish to apply for one of our counselling or psychotherapy programmes.

Please note that if you have studied a similar course elsewhere and can evidence similar learning, you may not need to take this course. The course administrator, (see further below for details) will be able to give you more information about this.



What is the content of the course?

The course is designed to give you the underpinning knowledge, skills, and competencies to use basic therapeutic skills ethically and safely in a variety of contexts and roles.

You will also be introduced to the history and roots of therapy, its value base, and core concepts. We will draw, in particular, on basic ideas from the major counselling and psychotherapy approaches that are taught at Metanoia Institute, namely

Gestalt, Humanistic, Integrative, Person Centred, and Transactional Analysis. We will ask straightforward questions about these approaches, for example, where did they come from, and what are their similarities and differences?

As counselling and psychotherapy emphasise the quality and importance of the relationship that exists between the therapist and client (the working pair), we will take time to understand the components of this relationship, including ideas of mutuality, respect, autonomy, congruence, curiosity and empathic attunement. We will learn about, discuss, and most importantly practice the skills that are central to developing a helping relationship.

A major part of the course will be experiential in format, e.g., practical exercises, including skills practice, skills observation and feedback. This aspect of the course requires students to draw from their own experiences. The tutors will encourage and support you to develop your natural skills and personal qualities.

Entry Requirements

This is an open-access course and anyone interested in learning about therapeutic skills can apply. Whether you are undertaking this course to improve your skills at work or because you are considering training to be a counsellor or psychotherapist, you need to recognise that this kind of training requires emotional maturity, self-reflective and psychological robustness. Please consider your personal readiness before enrolling. If you wish to discuss this further, please contact the course administrator in the first instance, who will put you in touch with one of the course tutors.

How much does it cost?

The course costs £690, and the full fee is required on application. [Please click](#) here for our cancellation policy.

The aim of the first part of the course is to provide a learning opportunity for participants to thoroughly familiarise themselves with the foundations or nuts and bolts of therapeutic skills and, in the second half of the course, to take a deeper look at the therapeutic process itself. As such the course is adaptable and will take into account the interests and needs of the group.

Learning will be through group discussion, personal experience, exercises, presentations and didactic teaching.

Where does the course take place?

We have two campuses, which are very close to each other. You will be informed close to the start date, whether the course is taking place at 13 North Common Road, Ealing, London, W5 2QB or 13 Gunnersbury Avenue, Ealing, London, W5 3XD.

What happens if I can't make one of the sessions?

We feel that you will get the maximum benefit from the course if you attend every session, we recognise, however, that life sometimes gets in the way. To pass the course and gain the Metanoia Institute Certificate in Therapeutic Skills and Studies, you will need to attend at least 80% of the sessions.

How do I join?

Complete the application form on our website. You can access the form by clicking https://metanoia.heiapply.com/static/metanoia/registration_redirect.php?muid=&cs=1510 and choosing the dates of the course that you want to join.

Once you have submitted the application form with payment, you will receive confirmation of your place. The academic coordinator for the course will be in touch with you shortly to confirm your place. If you wish to discuss this course before applying, please contact therapeuticsskills@metanoia.ac.uk

Course Dates

Please note new dates are likely to be added as demand for places dictates. If all of the dates are full when you go to apply, or the dates left are not suitable, contact therapeuticsskills@metanoia.ac.uk to register your interest and we will let you know when new dates have been organised.

Wednesday evenings September 2022

20 weeks

Delivered online via Zoom

Sarah Richings - 6:30-9:30pm

September 21st / 28th

October 5th / 12th / 19th

November 2nd / 9th / 16th / 23rd / 30th

December 7th / 14th

2023

January 11th / 18th / 25th

February 1st / 8th / 22nd

March 1st / 8th

Thursday evenings September 2022

18 weeks

Delivered online via Zoom

Denise Lyttle - 6:30-9:30pm

September 22nd / 29th

October 6th / 13th / 20th / 27th

November 3rd / 10th / 17th / 24th

December 1st / 8th / 15th

2023

January 12th / 19th / 26th

February 2nd / 9th

Fridays – September 2022 –10 weeks

Delivered online via Zoom

Sonia Di Gennaro – 10am-5pm

September 23rd / 30th

October 7th / 14th / 21st / 28th

November 4th / 11th / 18th / 25th

Weekends – October 2022 start – 5 months

Delivered online via Zoom

Giovanna Reitano – 10am-5pm

1st / 2nd October

5th / 6th November

3rd / 4th December

2023

7th / 8th January

4th / 5th February

Tuesdays – October 2022 –10 weeks

Delivered online via Zoom

Indira Muneesamy – 10am-5pm

October 4th / 11th / 18th

November 1st / 8th / 15th / 22nd / 29th

December 6th / 13th

Wednesdays – October 2022 –10 weeks

Delivered online via Zoom

Indira Muneesamy – 10am-5pm

October 5th / 12th / 19th

November 2nd / 9th / 16th / 23rd / 30th

December 7th / 14th

Weekends – October 2022 start – 5 months

Delivered online via Zoom
Carol Faulkner - 10am-5pm
October 8th / 9th
November 12th / 13th
December 10th / 11th
2023
January 14th / 15th
February 4th / 5th

Delivered online via Zoom
Indira Muneesamy - 10am-5pm
April 25th
May 2nd / 9th / 16th / 23rd
June 13th / 20th / 27th
July 4th / 11th

Tuesdays – January 2023 – 10 weeks
Delivered online via Zoom
Indira Muneesamy - 10am-5pm
January 10th / 17th / 24th / 31st
February 7th / 21st / 28th
March 7th / 14th / 28th

Wednesday – April 2023 – 10 weeks
Delivered online via Zoom
Indira Muneesamy - 10am-5pm
April 26th
May 3rd / 10th / 17th / 24th
June 14th / 21st / 28th
July 5th / 12th

Wednesdays – January 2023 – 10 weeks
Delivered online via Zoom
Indira Muneesamy - 10am-5pm
January 11th / 18th / 25th
February 1st / 8th / 22nd
March 1st / 8th / 15th / 29th

Weekends – March 2023 start – 5 months
Delivered online via Zoom
Giovanna Reitano - 10am-5pm
4th / 5th March
1st / 2nd April
6th / 7th May
3rd / 4th June
1st / 2nd July

Weekends – March 2023 start – 5 months
Delivered online via Zoom
Carol Faulkner - 10am-5pm
March 11th / 12th
April 15th / 16th
May 13th / 14th
June 17th / 18th
July 15th / 16th

Tuesdays – April 2023 – 10 weeks