



Certificate/Diploma in Person-Centred Experiential Counselling for Depression Supervision

**Start Dates
February 2023**

Metanoia Institute
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Registered Charity 1050175



Introduction

Metanoia Institute are delighted to offer a Certificate, and a Diploma, in Person-Centred Experiential Counselling for Depression Supervision (PCE-CfDS). PCE-CfD is an IAPT approved modality and this qualification will equip graduates for clinical supervisory practice in the IAPT context.

The philosophy of the training programme is Person-Centred Experiential, and delivery of the content will be based on didactic, experiential and skills-based methods with a strong foundation in the clinical practice of working with counsellors working in the PCE-CfD modality.

The ethos of the whole programme is to support the individual learning styles and the emerging needs of participants. They will have opportunities to develop as reflexive practitioners, and to deepen their knowledge of PCE approaches to supervision, philosophically, theoretically and in practice. The course provides opportunities for participants who are licensed PCE-CfD practitioners to develop their PCE ways of thinking, being, and practicing in relation to the supervisory relationship. Emphasis will be placed on developing one's own competencies and unique style of PCE-CfDS practice.

What is Metanoia?

Metanoia is a counselling, psychotherapy and counselling psychology training organisation. We are one of the largest such training organisations in the UK. We have been, and are still, a successful BACP nominated provider of the PCE-CfD licensed training over the last decade.

Who is the course for?

- PCE-CfD licensed practitioners with approx. 6 months post CfD qualifying experience
- PCE-CfD licensed counsellors, who are interested in, or may also already have, a supervisory role in an IAPT context.

If you are interested in joining the programme please request a 'PCE-CfDS Application Form' from Cristina Soares at:

Cristina.Soares@metanoia.ac.uk

What are the Certificate Entry Requirements?

Candidates for the Certificate course need to:

- Provide evidence of having successfully completed a PCE/CFD training
- Be licensed for CFD practice
- Send in a full CV with their on-line application form, outlining relevant training and clinical experience
- Be a fully registered member of a relevant professional body, e.g. BACP
- Provide two references on their client practice (one from their current CfD supervisor)

When does it take place?

Certificate

The certificate course is structured on an online, 5 x 2 day modular basis, which is spaced bi-monthly to enable participants to process and integrate their learning. The five modules will be held on a Friday and Saturday.

Dates:

- Feb 17th & 18th 2023
- April 14th & 15th 2023
- June 16th & 17th 2023
- September 15th & 16th 2023
- Dec 15th & 16th 2023

Times: 10- 5pm

Diploma

This will follow the same format, with a 1 x 2 day module taking place 3 months after the end of the Certificate to allow participants to accrue supervision practice hours.

Date: 17th & 18th March 2024

Times: 10- 5pm

Please note:

- ***There will be an expectation of approx. 3 hours private study in between modules (reading/ learning journal/practice) at both levels***
- ***The rationale informing the structure and content of both the Certificate course and the follow on Diploma is informed by, and meets current BACP guidelines for certificate and diploma courses.***

What is the content of the course?

Certificate:

- Module 1: Definitions, Theory and models of PCE-CfD Supervision
- Module 2: PCE-CfD Supervision practice - Competences, skills, reflective/reflexive practice
- Module 3: Standards in Supervision: Ethical Practice
- Module 4: Power, context and culture
- Module 5: Working in Context

Diploma:

Module 6: Developing my own PCE-CfDS practice style

Participants will be given a Handbook, reading list, relevant hand-outs and online resources relevant to the above modules. The opportunity for supervision practice sessions, self and peer assessment will form part of each module.

What are the Course Requirements?

Certificate

On successful completion of all of the following requirements, candidates will be awarded a PCE-CfDS certificate:

- Attendance of at least 80% of course hours
(missed attendance made up as negotiated with one of the course tutors)
- Submission of one formative 20 min audio recording of peer PCE-CfD supervision practice at module 3
- Submission of one summative 20 min audio recording of PCE-CfD supervision practice at module 5
- Submission of log of clinical supervision hours at module 5
- Evidence of 18 hrs clinical supervision practice through the Supervision Practice Log

Diploma

On successful completion of all of the following requirements, candidates will be awarded a PCE-CfDS Diploma:

- Achievement of all the PCE-CfDS Certificate requirements
- Attendance at Diploma 2 day module
- Submission of one summative 20 minute audio recording of PCE-CfD clinical supervision practice
- 1 written reflective enquiry relating to above audio submission (3000 word)
(essay title will be negotiated with the group and the course tutors).
- Evidence of 6 additional hrs clinical supervision practice through the Supervision Practice Log

Please note:

For both the certificate and the diploma, the submissions need to meet the learning criteria as set according to the PCE-CfD Supervision competence framework .

Meta supervision at a ratio of 1:8 hrs minimum is required to be completed to support clinical supervision.

The required course work for the Diploma can be submitted up to two months after the end of the course.

When can I start seeing supervisees?

Clinical supervision will start after module 3. Course participants are responsible for finding their own supervisees and establishing meta-supervision to support their supervision practice.circumstances.

Who are the tutors?

Geraldine Thomson - PCE-CfD Tutor/ Supervisor/Assessor

BA (Hons), Diploma in Counselling, Diploma in Person Centred Supervision.

Geraldine offers therapy and supervision from her home in Southwell, Notts.

Geraldine was a Primary Tutor for our Diploma/BA (Hons) in Person-Centred Counselling for 23 yrs. She has been a trainer and course consultant for Child Bereavement UK, and has delivered PC supervision training to Certificate and Diploma Level in the South West, and at Metanoia. She has delivered CFD training for Metanoia and is currently a Metanoia CFD supervisor.

Geraldine is author of a chapter in 'Freedom to Practice II' (for PCCS) on person-centred supervision and the use supervisors and practitioners can make of Rogers' thinking on learning and creativity.

Lorraine Munro - PCE- CfD Lead Tutor for the PCE-CfD programme /Supervisor /Assessor

MA Counselling, Diploma Gestalt Psychotherapy, Post Graduate Diploma in Counselling and Pastoral Care, Diploma in PC Supervision, Diploma in Counselling for Depression Supervision, Licensed PCE-CfD practitioner

Lorraine is Lead Tutor for the PCE-CfD programme at Metanoia and was part of the working party at the BACP which designed the PCE-CfD practitioner training.

She is a Counsellor and Psychotherapist with long-standing managerial and clinical experience in counselling services within NHS, Educational, Private and Voluntary sectors. Her key areas of expertise include service management, IAPT/ CfD Training, NHS Services, working with people with visual impairment and the provision of clinical placements for counsellors.

She also established and delivered a counselling service for Blind and Partially Sighted people as an affiliate for the IAPT providers in Bristol.

Lorraine has worked at Metanoia as a tutor within the Person centred department for 20 years, 5 of which she held the Head of Dept role.

At present she works from her home in Somerset delivering the PCE-CfD programme online and offering private counselling and supervision (predominantly to PCE-CfD supervisees).

How much does it cost?

The cost of the training is £2,350 for those self-funding and £2,750 for those being sponsored.

How can I find out more about this Course?

For further information email: Cristina.Soares@metanoia.ac.uk

