



# Certificate in Therapeutic Skills and Studies

Various start dates throughout the academic year  
2023-2024



## 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?

Online via Zoom.

### 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](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 [therapeuticskills@metanoia.ac.uk](mailto:therapeuticskills@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 [therapeuticskills@metanoia.ac.uk](mailto:therapeuticskills@metanoia.ac.uk) to register your interest and we will let you know when new dates have been organised.

### Thursday evenings October 2023

20 weeks

Delivered online via Zoom

**Denise Lyttle - 6:30-9:30pm**

October: 26<sup>th</sup>

November: 2<sup>nd</sup> / 9<sup>th</sup> / 16<sup>th</sup> / 23<sup>rd</sup> / 30<sup>th</sup>

December: 7<sup>th</sup> / 14<sup>th</sup>

January: 11<sup>th</sup> / 18<sup>th</sup> / 25<sup>th</sup>

February: 1<sup>st</sup> / 8<sup>th</sup> / 15<sup>th</sup> / 29<sup>th</sup>

March: 7<sup>th</sup> / 14<sup>th</sup> / 21<sup>st</sup> / 28<sup>th</sup>

## 2024

**Tuesdays – January 2024 – 10 weeks**

Delivered online via Zoom

**Indira Muneesamy - 10am-5pm**

January 9<sup>th</sup> / 16<sup>th</sup> / 23<sup>rd</sup> / 30<sup>th</sup>

February 6<sup>th</sup> / 20<sup>th</sup> / 27<sup>th</sup>

March 5<sup>th</sup> / 12<sup>th</sup> / 26<sup>th</sup>

**Wednesdays – January 2024 – 10 weeks**

Delivered online via Zoom

**Indira Muneesamy - 10am-5pm**

January 10<sup>th</sup> / 17<sup>th</sup> / 24<sup>th</sup> / 31<sup>st</sup>

February 7<sup>th</sup> / 21<sup>st</sup> / 28<sup>th</sup>

March 6<sup>th</sup> / 13<sup>th</sup> / 27<sup>th</sup>

**Wednesday evenings January 2024**  
20 weeks

Delivered online via Zoom

**Maya Jani - 6:30-9:30pm**

January 17<sup>th</sup> / 24<sup>th</sup> / 31<sup>st</sup>

February 7<sup>th</sup> / 14<sup>th</sup> / 21<sup>st</sup> / 28<sup>th</sup>

March 6<sup>th</sup> / 13<sup>th</sup> / 20<sup>th</sup>

April 3<sup>rd</sup> / 10<sup>th</sup> / 17<sup>th</sup> / 24<sup>th</sup>

May 1<sup>st</sup> / 8<sup>th</sup> / 15<sup>th</sup> / 22<sup>nd</sup> / 29<sup>th</sup>

June 5<sup>th</sup>

**Weekends – March 2024 start – 5 months**

Delivered online via Zoom

**Giovanna Reitano - 10am-5pm**

March 2<sup>nd</sup> / 3<sup>rd</sup>

April 6<sup>th</sup> / 7<sup>th</sup>

May 11<sup>th</sup> / 12<sup>th</sup>

June 1<sup>st</sup> / 2<sup>nd</sup>

July 6<sup>th</sup> / 7<sup>th</sup>

**Tuesdays – April 2024 – 10 weeks**

Delivered online via Zoom

**Indira Muneesamy - 10am-5pm**

April 23<sup>rd</sup> / 30<sup>th</sup>

May 7<sup>th</sup> / 14<sup>th</sup> / 21<sup>st</sup>

June 4<sup>th</sup> / 11<sup>th</sup> / 18<sup>th</sup> / 25<sup>th</sup>

July 2<sup>nd</sup>

**Wednesday – April 2024 – 10 weeks**

**Delivered online via Zoom**

**Indira Muneesamy - 10am-5pm**

April 24<sup>th</sup>

May 1<sup>st</sup> / 8<sup>th</sup> / 15<sup>th</sup> / 22<sup>nd</sup>

June 5<sup>th</sup> / 12<sup>th</sup> / 19<sup>th</sup> / 26<sup>th</sup>

July 3<sup>rd</sup>

**Summer Intensive – July 2024**

**10 days/2 weeks**

**Delivered online via Zoom**

**Indira Muneesamy - 10am-5pm**

July 8<sup>th</sup> / 9<sup>th</sup> / 10<sup>th</sup> / 11<sup>th</sup> / 12<sup>th</sup>

July 22<sup>nd</sup> / 23<sup>rd</sup> / 24<sup>th</sup> / 25<sup>th</sup> / 26<sup>th</sup>