



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

Start Dates

**January 2026
March 2026**

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 NHS Talking Therapies approved modality and this qualification will equip graduates for clinical supervisory practice in the NHS Talking Therapies 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, one of the largest such training organisations in the UK. It has been at the forefront of developments in PCE -CfD since counselling was accepted into the initial NICE Guideline for depression in 2009. Metanoia Institute is a BACP approved and NHS England recognised, provider of PCE-CfD workforce education leading to professional licensing to work within the NHS Talking Therapies Services.

Who is the course for?

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

If you are interested in joining the programme please request a 'PCE-CfD Supervisor Application Form' from Ahmed Kersha at: pce-cfdadmin@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 PCE-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 PCE-CfD supervisor)

When does it take place?

Certificate

The certificate course is structured on an online, modular basis, with two days dedicated to each module. Modules 1-3 will run on one day per week for the first six weeks, after which participants will begin their supervision clinical practice. Modules 4 and 5 will be more spaced out to enable participants to process and integrate their practice into their learning. All five modules will be held either on a Thursday or Friday.

	<u>January start (Thursdays)</u>	<u>March start (Fridays)</u>
Module 1	Thursday 22 and 29 January 2026	Friday 6 and 13 March 2026
Module 2	Thursday 5 and 12 February 2026	Friday 20 and 27 March 2026
Module 3	Thursday 19 and 26 February 2026	Friday 17 and 24 April 2026
Module 4	Thursday 7 and 14 May 2026	Friday 22 and 29 May 2026
Module 5	Thursday 11 and 18 June 2026	Friday 3 and 10 July 2026

Times: 10.00 - 5.00 pm

Diploma

The diploma course will follow the same format, but with an additional two-day module taking place two or three months after the end of the certificate course to allow participants to accrue supervision practice hours.

	<u>January start (Thursdays)</u>	<u>March start (Fridays)</u>
Module 6	24 September and 1 October 2026	11 and 18 September 2026

Times: 10.00 - 5.00 pm

Please note:

- ***There will be an expectation of approximately 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 and reflexive practice
- Module 3: Standards in Supervision: Ethical Practice
- Module 4: Power, Diversity and Culture
- Module 5: Working in Context

Diploma:

- Module 6: Developing my own PCE-CfD Supervision 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 a formative 20-minute video recording of peer PCE-CfD supervision practice at module 3
- Submission of a summative 20-minute audio recording of PCE-CfD supervision practice at module 5
- Submission of a 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 a summative 20-minute audio recording of PCE-CfD clinical supervision practice
- A 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 hours of 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 Cornwall.

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 PCE-CfD training for Metanoia and is currently a Metanoia PCE-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.

Sarah Boles - PCE- CfD Tutor /Supervisor /Assessor

BA (Hons), Diploma in Person-Centred Counselling, Post Graduate Certificate in Focusing Oriented Psychotherapy, Diploma in Person-Centred Supervision.

Sarah is a counsellor and supervisor based in the Scottish Highlands.

She has been part of the PCE-CfD programme as a tutor, supervisor and assessor since 2021. Having originally trained in person-centred counselling at the Metanoia Institute, her professional background is in overseas development, and she has worked extensively in Latin America and Africa, facilitating courses in personal development in Guatemala, Kenya and Uganda. Her passion is to make counselling and personal development affordable to low-income groups and she has been involved as a trustee and counselling volunteer for several charities in London and Scotland.

How much does it cost?

Course fees for 2026

- Certificate Modules: Total fee - £2,750
- Certificate + Diploma Modules: Total fee - £2,950

How can I find out more about this Course?

For further information, please email Ahmed Kersha: pce-cfdadmin@metanoia.ac.uk

