



Eastern Tree

Training & Therapy

Personal and professional learning,  
creative training

## Diploma in Humanistic Counselling

*A part-time training starting September 2007*

### *Our philosophy on Counselling Training*

This is a humanistic / transpersonal training with a core model which attends to the Self in all its manifestations - body, feelings, mind, spirit and the experience of body-mind. Our course is notable for recognising the soul as being at the core of the counselling process. Central to the model is the importance of developing a capability to work at relational depth.

Our philosophy trusts in a core creative self which emerges through the shared responsibility for shaping each individual's learning needs. The learning process happens within an organic structure which allows for the unfolding of the students' own theoretical model. Both the tutor team and the students contribute to the development of course content, course delivery and assessment methods. Both core tutors are usually present at each session, ensuring continuity and holding of the learning process.

### *What the course covers*

This is a 500 hour Level 3 professional practitioner training, taking place part-time on Thursdays and weekends, and needing at least two years to complete. Students commonly opt to complete their course requirements, including the placement, during a third (Integration) year.

There will be individual, small group and whole group work using a number of modalities, such as discussion, creative arts work, skills practice and reflective inner work. Regular study is needed outside of the formal course meetings, for which students should allow at least one day per week, plus time for peer meetings, personal therapy, counselling placements and supervision.

### *Skills Development*

The emphasis is on developing presence with oneself and the client, plus ability to work at depth with a range of verbal and non-verbal counselling skills. This supports students to engage in a respectful and bounded counselling relationship with clients and to monitor the limits to their current competence.

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## *Theory*

The Eastern Tree model has its roots in humanistic / transpersonal approaches and connects with person centred, gestalt, psychosynthesis and body-mind models. It includes an awareness of transference, symbolic and process issues, and developmental issues, including new research within neurobiology.

Students will be encouraged to use this theoretical approach as a base from which to develop their own model in practice, which will inform their relationship to the client, their awareness of ethical and boundary issues, and awareness of difference and diversity.

## *Practice Issues*

The course includes a practical and theoretical examination of: the reality of working with clients; client assessment skills; ethics and the law; use of supervision; boundaries and dilemmas. Students will need to complete 100 hours of supervised client contact within a suitable placement within three years of the start of the course. Guidance will be given to find an appropriate placement and a therapist whose outlook matches the course sufficiently to be supportive to you. Graduates will be competent to work as a professional counsellor within an agency setting.

## *Personal Development*

The humanistic / transpersonal approach recognises that integrity of relationship and robustness of practice requires sustained personal development work on the part of the student. The course provides many opportunities for exploring your relationship with yourself and with others. As well as the community experience of the group, there will be a personal process group for part of each year. Graduation from the diploma requires students to have had at least 40 hours of personal therapy in the first twelve months. Guidance will be given as to the need to continue this.

## *Who is the course for?*

This diploma course is aimed at anyone who is ready to train as a counsellor, and also to qualified counsellors wishing to deepen their understanding of the humanistic / transpersonal approach. You will need at least to have a certificate in counselling skills, or equivalent, and be in a position in life to embark on a personally challenging experience.

For those who have not completed a formal certificate course but have sufficient experience of working with people, or anyone wanting further grounding for the Diploma, we can offer suggestions for suitable experiences.

We hold that there are two crucial aspects to becoming a capable counsellor: the personal capacity to develop a depth and integrity of presence, together with the ability to conceptualise a coherent framework for one's work.

Students need to be capable of meeting the personal, professional and academic demands of this course, such as critical reflection on theory, counselling practice and supervision at a professional level, a capacity for abstract and metaphorical thinking, and be willing to actively engage in their own personal development within the learning group environment.

## *First Year Direct Entry option*

Where there is substantial experience in a therapeutic context, plus some awareness of the counselling framework but little or no formal counselling training, there may be an option for direct entry to the Diploma via an APL scheme. This would involve a two day experiential selection process of group work plus written work, self and group awareness, skills work,

humanistic theory & counselling framework, tutorials and an APL process. Please ask for details if you feel you may meet the criteria for this entry route.

#### *Advanced Certificate option*

We would normally expect students to complete the full diploma training. However, it may transpire that it is not appropriate or timely for some students to continue immediately to the second year. Students who have successfully completed the first year and an agreed assessment will be eligible for the award of an Advanced Certificate in Humanistic Counselling.

#### *Second Year Entry*

It may also be possible for applicants with substantial practical experience of counselling or related fields to gain direct entry into the second year of the course, upon completion of an APL (accreditation of prior learning) process. Interested applicants are urged to contact us as soon as possible to confirm their eligibility.

However, because of the nature of the training, such applicants will usually need to complete an Integration Year (see below) after Diploma Year Two before being able to attend their final assessment interview or graduate from the course. They may also need to join an APL group, running parallel to Year 2, which provides additional support and tuition.

#### *Integration Year*

The Integration Year, which takes place after the completion of the second year of the course, allows APL students the time needed for the personal and professional diploma learning processes to properly integrate.

It is also open to all students as an optional extension to the course where course requirements have not yet been fully met. For example where placement hours need completion, or additional integration or personal or professional development activities need to be completed, or the student feels continuing support beyond the course would be beneficial. This year is also open to qualified counsellors seeking Continuing Professional Development.

#### *Advanced Diploma option*

There is an option to convert this year into an Advanced Diploma, which would equip the counsellor to work independently and in private practice. This would require completion of additional coursework and a substantial final written assignment, plus an individual assessment.

#### *The course training team*

The course is led by Jacky Walker and Bee Springwood, both of whom work within a humanistic and transpersonal framework. Bee and Jacky are the founder members of Eastern Tree Training and Therapy.

**Jacky Walker** is a UKCP registered psychotherapist and a BACP / UKRC registered counsellor. Her qualifications include a Diploma / MSc in Integrative Psychotherapy, an MA in Counselling, an Advanced Diploma in Integrative Counselling and a post-graduate Certificate in Person Centred Group Facilitation. Jacky has been a therapist and supervisor since 1993 with experience ranging across private practice, the voluntary sector and the prison service plus organisational work, including consultancy and mediation. Jacky has been teaching counselling for twelve years, and developed and led Norfolk Adult Education's innovative counselling programme for five years. She is a board member of the Association of Humanistic Psychology in Britain.

**Bee Springwood** is a State Registered Art Therapist and UKCP registered psychotherapist with Diplomas in Body Psychotherapy and Integrative Psychosynthesis. With 27 years experience as a therapist, Bee has worked within mental health services, child care, rape crisis, probation, and drug and alcohol user services, as well as her private practice and supervision. She is a member and ex-chair of the Ethics Committee of the UK Association of Humanistic Psychology Practitioners, and a participant in the Independent Practitioners Network. She has been training therapists and people workers for 17 years including Art Therapy training and the Certificate in Groupwork at UEA.

### *Course assessment and external verification*

Our training covers the key requirements for individual accreditation with both BACP (the British Association of Counselling and Psychotherapy) and ukAHPP (the UK Association of Humanistic Psychotherapy Practitioners). These accreditation routes allow successful applicants to be eligible for entry onto the UKRC (UK Register of Counsellors) on payment of an annual registration fee. ukAHPP membership also permits application to the UKCP as a psychotherapeutic counsellor.

The course has a mixture of self, peer, tutor and external assessment. Students will be expected to play an active role in the assessment process. Completion of at least 40 hours of personal therapy and 100 hours of supervised client work is also a course requirement. (Please note: a further 40 hours of personal therapy above the course requirements would be needed for ukAHPP accreditation). Previous substantial experiences of therapy may provide exemption from some or all of the personal therapy requirement for the course.

Course certificates are issued by Eastern Tree Training and Therapy. A independent panel of external consultants, which includes senior figures in the humanistic field such as John Rowan, Eric Whitton, Phoebe Lambert and Mardi Robinson, is available to provide external scrutiny of the course and students' levels of competence. This happens through independent course reviews and a final individual assessment interview with each student, prior to graduation, to verify that they can demonstrate a satisfactory level of competence and awareness as a counsellor.

**John Rowan** is recognised as one of the senior figures within the humanistic / transpersonal field. He wrote the original core texts on the humanistic approach, as well as being a founder member of the Association of Humanistic Psychology Practitioners. He is a past member of the Governing Board of the UK Council for Psychotherapy, representing the Humanistic and Integrative Section. He is a Fellow of the British Psychological Society and the British Association for Counselling and Psychotherapy, and an individual and group psychotherapist (ukAHPP and UKCP). John teaches, supervises and leads groups at the Minster Centre, where he is also the Middlesex University Link Tutor. He has served on the Examination Board of the BPS Counselling Psychology Division.

**Eric Whitton** came from a background in the church as a priest and training officer, to an extensive training in various humanistic approaches - most extensively, transactional analysis. His London private practice included membership of the Open Centre from 1980-2003, and he is currently a consultant in clinical supervision with a London group of hospitals. He has served as Board member for ten years (some as chair and now general secretary) of ukAHPP. For 17 years, Eric taught humanistic counselling at Roehampton Institute. He has published "What is Transactional Analysis" and most recently, "Humanistic Approach to Psychotherapy"

**Phoebe Lambert** currently works as an independent counsellor (BACP accredited), course moderator (ABC) and researcher (PhD on Client Perceptions of Counselling, in progress). In addition, she has a long commitment to the development of mature students and a broad

experience of a variety of learning contexts within Adult and Further Education, Higher Education and Industrial Training. She was formerly Head of Student Services at Liverpool John Moores University (1992-95), Head of the Adult Education Service, Liverpool Education Authority (1989-1991), and Principal of Hillcroft College for Women (1982-1989).

**Mardi Robinson** has an MA in Humanistic Psychology, Antioch University, and is a UKCP Registered Psychotherapist. She was Senior Staff Tutor for Richmond Fellowship College, London. In 1988 she founded The Lapis Fellowship for Counselling and Psychotherapy, Essex. She was, amongst other initiatives, designer and facilitator for the Diploma in Supervision Course, Centre for Personal and Professional Development, London. Before her recent break in the USA, she was External Assessor for the Minster Psychotherapy Centre for 12 years, and also for the University of Essex.

### Course dates and venues

The course meets weekly from 9.45-3.45pm on Thursdays plus non residential weekends and short residential weekends each year. Because of the organic nature of the learning, students are expected to attend all sessions. Attendance is essential for each weekend and the residential weekends.

#### Dates for Year 1

Term 1: 10 weeks 9.45-3.45pm 20<sup>th</sup> Sept – 6<sup>th</sup> Dec 2007 *Half term 18th Oct to 1<sup>st</sup> Nov*  
 Weekend 1 10.00-4.00pm 29<sup>th</sup>-30<sup>th</sup> September 2007

Term 2: 8 weeks 9.45-3.45pm 17<sup>th</sup> Jan – 20<sup>th</sup> Mar 2008 *Half term 14th & 21<sup>st</sup> Feb*  
 Weekend 2 29<sup>th</sup> Feb – 2<sup>nd</sup> March 2008 Residential near Huntingdon

Term 3: 11 weeks 9.45-3.45pm 17<sup>th</sup> April – 10<sup>th</sup> July 2008 *Half term 29th May & 5<sup>th</sup> June*  
 Mini Weekend 3 6.30-9pm June 13<sup>th</sup> 2008 plus 10.00-4.00pm June 14<sup>th</sup> 2008

Residential prep day 9.45-3.45pm 11<sup>th</sup> September 2008

Year 1 residential 3 days TBA Late September / early October 2008

#### First Year Direct Entry Selection Process

9.45 – 3.45pm 2 days Please ask for details

Our venue for the course is our own dedicated training venue near Riverside, the station and the football ground: Eastern Tree House, 1 Kerrison Road, Norwich NR1 1JB. Limited parking on site, and paid parking is available nearby.

### Costs

Training as a counsellor requires you to reach a particular standard of competence, to be able to practice safely and ethically in today's environment. This needs intensive tuition and a high quality of training experience, which inevitably adds to the cost of training. We have kept costs to the lowest possible level to make it as financially accessible as possible to students.

Training Costs	Funded by self	Funded by organisation
Year 1 (Term 2 residential weekend costs are extra, but expected to be under £50)	£1795	£1995
Year 1 Residential *(expected to be no more than £350)	TBC*	TBC*
Year 1 Direct Entry APL group	£150	£180

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Year 2 and Year 2 residential fees are expected to be similar to year 1, with a small increase for inflation. For those continuing over into the Integration Year (year 3), which includes quarterly study days, fees are expected to be in the region of £400 (£500 funded by organisation).

Where any of the following options have been chosen, this will involve additional fees:

- the APL application process for direct entry into diploma year 2
- the APL Group running parallel with diploma year 2
- the Advanced Diploma option

Details of fees for each of these options will be available upon request.

All students will need to pay a separate fee for an individual external assessment of 1-1½ hours on completion of the training. It is estimated that this will be in the region of £60-£70. Where necessary, a second external assessment will be allowed, for which a further fee is payable.

<i>Related costs</i>	
Books and journals	It is advisable to allow at least £150-£200 for core books in each year. You may be able to cut costs by borrowing from other students or the library, buying second-hand or using reference libraries.
Membership of a professional body	BACP offer a special student member rate of £25 a year, for the first 2 years, given written confirmation from the training organisation that you are a bona fide student. Details and a downloadable form from <a href="http://www.bacp.co.uk/join_bacp/ind_membership.html#student">http://www.bacp.co.uk/join_bacp/ind_membership.html#student</a> UKAHPP offer an associate membership for students in training, which costs £57 a year (half this when applying after 1 <sup>st</sup> August). See <a href="http://www.ahpp.org/join/memcrit.htm#critassoc">www.ahpp.org/join/memcrit.htm#critassoc</a> for details. A student member category may be available.
Personal therapy	You will need to budget for at least 40 hours of personal therapy on a weekly basis, starting in the first year, unless you have exemption from some or all of the requirement. Current costs for local therapists range from around £30 to £45 per session. Some counselling centres may offer sessions for a reduced fee.
Taping equipment and tapes	You will need taping equipment early on in the course that will record skills sessions to a good (audible) quality. Do ask the shop if you can try it out before buying, or better still, at home. You may wish to consider a portable tape recorder, dictation machine or minidisk recorder. Costs may range from £25 to £150, depending on type.
Professional liability insurance, if not provided by placements	You will need insurance cover when you start your clinical placement towards the end of the first year. If insurance is not provided for you, a reasonable estimate would be around £50 per year.
Clinical supervision, if not provided free by the placement	As a student, you will need around 1 hour of supervision a fortnight when you start seeing clients towards the end of year 1. Local supervisors currently charge from around £30 to £45 per session.

## Payments

A deposit of £495 (self funded) or £545 (funded by an organisation) is required after acceptance onto the diploma course (if you are on a limited income, please consult with us about spreading the cost), to confirm that you wish to take up your offered place. Please note that deposits are normally non-refundable except in exceptional circumstances.

The balance of the first year fee plus residential costs are due at the beginning of the course. There is also an option of payment by instalments for this. Please note that refunds are only provided in exceptional circumstances.

Acceptance onto the course signifies a commitment to paying the full fee.

## Possible sources of financial support

You may wish to explore avenues of financial assistance for course costs, any of the related costs listed above, or other costs such as childcare and travel. Possible sources are:

- Funding from an employer or a community / voluntary organisation for whom you work
- Funding for the long-term unemployed or lone parents - speak to the New Deal Advisor at your local job centre.
- Information about grants and funding for the unemployed, college leavers, self-employed, those made redundant: ask Norfolk Careers Services (01603 2153000) about their Fund Finder Service. There may also be funding available for people living in the NELM area of Norwich.
- Loans or grants for women in all areas - speak to WEETU (01603 767367)
- Grants for disabled students, or women, or people living in East Anglia, see the information booklet on charitable trusts on [www.skill.org.uk](http://www.skill.org.uk)
- A directory of East Anglian funders can be found on [www.cover-east.org](http://www.cover-east.org)
- Educational Grants Advisory Service has details of grants. Download the application form from [www.egas-online.org.uk](http://www.egas-online.org.uk) and post it to them with an SAE for the results of their search. Or ring 0207 249 6636 for the address to write to.
- If you work for a business or voluntary organisation, they may be able to get advice on grants and funding for 'organisations wishing to obtain training for staff members' from the local Business Link or from Norwich and Norfolk Voluntary Services.
- It may also be worth checking with the Citizen's Advice Bureau
- Career Development Loan scheme. We are currently enquiring about registering with this scheme as training providers. For advice about Career Development Loans call the CDL Information Line 0800 585505 or look at [www.lifelonglearning.dfes.gov.uk/cdl](http://www.lifelonglearning.dfes.gov.uk/cdl)
- Money to Learn. A booklet produced by the LSC giving information on financial help for adults in further education and training. Copies available from 0845 602 2260 or [www.lifelonglearning.dfes.gov.uk/moneytolearn/index.htm](http://www.lifelonglearning.dfes.gov.uk/moneytolearn/index.htm)

## Progression Route

On successful completion of the diploma course, students will be professionally qualified counsellors, capable of working within an agency setting. With the Advanced Diploma option students will be equipped to work independently and in private practice.

With some years post-qualification experience and consolidation of their practice, both diploma and advanced diploma students may feel ready to apply for UKRC registration, either through BACP or ukAHPP. Graduates seeking alternatives to organisational accreditation may prefer the Independent Practitioners' Network. Eastern Tree Training and Therapy have information about all of these routes.

Please note that counselling training at diploma level is challenging, yet is not guaranteed to lead to a financially rewarding career, since there are currently few paid counselling posts.

### *Guidance on choosing the right course for you*

Counselling courses vary greatly in quality, length, approach and their capacity to equip you to work as a professional counsellor. It is important to get proper guidance about the right course for you. You may wish to consult the Learning Shop at the Forum, Millennium Plain, Norwich (01603 773666). Other sources of guidance include:

British Association for Counselling and Psychotherapy 0870 443 5252 [www.bacp.co.uk](http://www.bacp.co.uk)  
*Information on courses, individual accreditation, what to look for in a counselling training*

learnirect 0800 100 900 [www.learnirect.co.uk](http://www.learnirect.co.uk)  
*Advice on what courses are available, and on sources of local information, advice & guidance*

JobCentre Plus [www.jobcentreplus.gov.uk](http://www.jobcentreplus.gov.uk) or see the phone book for your local office  
*Information about the local labour market and how learning may affect your benefits*

Your local Learning and Skills Council 0845 019 4170 [www.lsc.gov.uk](http://www.lsc.gov.uk)  
*Responsible for planning & funding post-16 training in England, eg in further education colleges*

Citizens Advice [www.nacab.org.uk](http://www.nacab.org.uk) or see the phone book for your local office  
*For consumer advice*

Qualifications and Curriculum Authority 020 7509 5555 [www.qca.org.uk](http://www.qca.org.uk)  
*Advice about qualifications and awarding bodies*

### *How to apply*

Please complete your application form and send it to Bee Springwood at the address below. There is likely to be a strong demand for places, so do not delay. You are likely to need to attend an interview in Norwich.

Further copies of the course information sheet and application form can be downloaded from [www.eastertree.co.uk](http://www.eastertree.co.uk)

Jacky Walker and Bee Springwood  
Eastern Tree Training and Therapy  
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