

Advanced Diploma in Humanistic & Integrative Counselling | Curriculum

Diploma Year 1

Length of stage: one academic year (34 day-long meetings)

In the first year, students work with clients in agency placements. Supervision for this work is sometimes provided free by the agency but students may have to pay for all or part of the cost. Students are ordinarily expected to complete approximately 50 hours of supervised counselling within the placement in Year 1 and a proportion of these may be online/telephone sessions, with the majority in person. In addition to this, students meet one day a week for experientially taught theoretical seminars, skills practice, practical application groups, Process group and tutorials. Opportunities are given each week for students to process the emotional impact of the training.

Each student receives 3 individual tutorials of 30 minutes which take place outside of designated course time.

Students are expected to support their learning by reading all set books for the stage as well as a selection from a broader reading list. We recommend allowing 4 hours per week for private study.

Diploma Year 2

Length of stage: one academic year (34 day-long meetings)

The training in the second year continues to integrate theory, practice and self-reflection through seminars, supervision groups and Process group. There is particular emphasis on working at relational depth in short-term contracts, enabling students to find appropriate work within organisational settings. Students continue to gain counselling experience in their agency placement and again a proportion of these hours may be online/telephone sessions, with the majority in person. Students will continue to attend fortnightly supervision (which is not included in the course fees). Once they are sufficiently prepared, students may begin to take on private clients with the support of their tutors and individual supervisor.

Each student receives 3 tutorials of 40 minutes which take place outside of designated course time. Reading for this stage is a combination of the set books for Year 2 and a student's own developing interests in line with their dissertation subject. We recommend allowing 6 hours per week for private study.

Diploma Year 3

Length of stage: up to 18 months

During this stage students have up to 18 months to submit their papers for the Diploma. Students are supported by a personal Submission Tutor with regular tutorials (paid for by students) and continue in their personal therapy and supervision. Submission papers for the Diploma consist of a dissertation, case study and self-reflection; evidence of 150 supervised counselling hours and private practice hours; verification of personal therapy and supervisor reports.