



DUNAMIS

PRE COURSE INFORMATION

DIPLOMA IN HUMANISTIC
CREATIVE COUNSELLING

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Company no 11699094

The information contained in this handbook may be subject to change

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FROM POTENTIALITY

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THE PHILOSOPHY OF DUNAMIS

We are passionate people

We passionately believe in everyone's potential to use their dynamism to facilitate change.

Through sharing experience, wisdom and hope we can all move towards greater compassion, wellbeing and love for self and others.

At Dunamis we model integrity, respect, kindness and bravery in an honest humanistic way.

Dunamis believes that the basis for our work together is love and compassion; this is the foundation for all our training, studio days and wellbeing programmes.

We look forward to you joining us for the therapeutic adventure.

The philosophy which stands behind this training is Humanistic, by this we mean placing the whole person, mind body and spirit at the heart of our work.

The rationale for our three core models is:

1. That the **person-centred** approach provides student counsellors with a foundation to facilitate clients' growth.
2. That clients come confronting the existential concerns of Dasein - that is "being in the world". Our second approach therefore is **Existentialist**.
3. We also believe that by raising awareness in an individual we promote the potential for change. Therefore our third strand is **Gestalt** which utilises (works with) creativity and experimentation to facilitate awareness.

Because we are passionately committed to high principles in our counselling work, strong ethical beliefs are an integral part of what we do.

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COMMUNITY AND ETHICS

We are not islands, our relationships are important to us and we enjoy long relationships with previous students knowing what they are doing now.

We place a high value on civic responsibility and we look for ways to positively engage with the wider community.

- Offering low cost group therapy for depression, anxiety and parenting issues.
- When studio events or the Diploma course make a profit a donation will go to a chosen local charity (our local food bank).
- Students will be encouraged to contribute a small charge when borrowing a book from the Dunamis library, which will also go to our chosen charity.
- Students will also be expected to take part in some community enterprise as part of their learning.
- Dunamis trained therapists recognise that their ethics informs every aspect of their work. Counsellors must have clear rationale for their interventions and the values that guide their practice.
- Unethical practice will not be tolerated and will result in Dunamis taking all necessary and appropriate steps to ensure public safety.
- Aggressive or abusive behaviour will not be tolerated and will result in the withdrawal of the place on the Diploma course.



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Who is eligible for the Diploma?

Diploma Candidates will be eligible for interview for the course if:

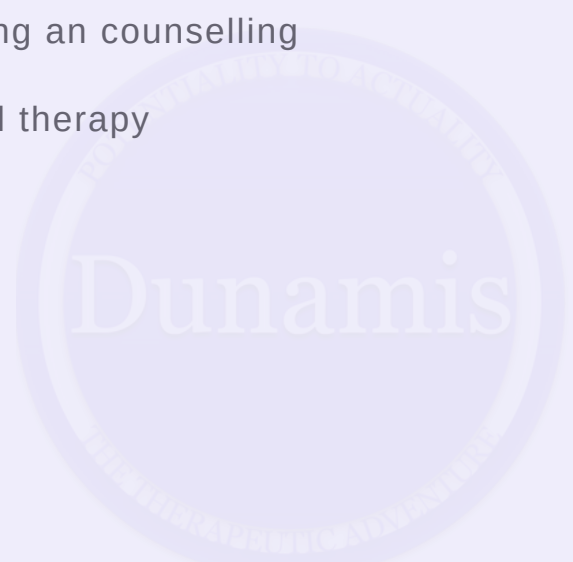
- They are over the age of 25 years to ensure maturity and life experience.
- They have completed a minimum of 60 hours at certificate level counselling training.
- They can manage a moderate level of English and numeracy and can understand and communicate in English.

Our expectations

We seek to facilitate the growth of highly motivated, enthusiastic ethical counsellors.

We expect that our students will be independent learners and motivated towards professionalism. We will assess this through:

- time keeping
- log and paperwork
- personal responsibility for learning and reading around session aims
- membership of the BACP and adherence to the ethical framework
- social and emotional competency
- interactions with staff and other students
- introspection and reflection on their learning and counselling practice
- engagement with supervision and personal therapy



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APPLICATION TO THE COURSE

We look forward to your application. Don't let your fears stop you doing what you want to do!

Consideration for the course is open to all who meet the eligibility criteria without discrimination.

We require a written statement (see below), completion of a curriculum vitae and two satisfactory references. Referees should remark on your ability or aptitude to complete the course, enhance your IT and administrative abilities, and improve your self-management and professionalism.

At interview you will be asked to complete a physical and mental health medical disclosure form and to list any medication you are currently taking. You will also complete a criminal conviction form and a DEPS form as well as your contract, if you are offered a place on the course. These forms **MUST** be returned with the contract and deposit.

Should the criminal declaration form be affirmative with an unspent conviction then a letter requesting further information may be sent and an offer of a place on the course suspended until the required information has been received. If an offer is no longer viable at that point the candidate will be given written confirmation of the college's decision.

Dunamis reserves the right to refuse placement to any candidate and to withdraw any offer or place on the course should the candidate fail to adhere to any of the Dunamis policies, course requirements, the BACP ethical framework, or placement policies.

To apply for a place on the diploma we require a letter of 750 words stating why you wish to train as a counsellor at this time.

On successful application, you will be invited for an interview where you will be interviewed by the two core tutors.

Assessment will be via an individual interview and small group interaction.

Successful candidates will be notified of an offer of a place within two weeks. The place will not be held until a signed contract and deposit is paid. The remainder of the first year fee will be required two weeks prior to the start date. Fees are non-refundable. The final two terms fee will be required by the last day of the first college year for those who have met the criteria to proceed.

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COURSE STRUCTURE

Our Diploma is different from others because we run it over **five terms**, which means we keep the costs down whilst offering you more teaching time than most.

The Diploma in counselling will be a minimum of 450 direct taught hours plus written work, supervised trainee placement of 100 hours, and personal therapy of a minimum of 40 sessions in Part 1 and pro rata until qualified and end of course examination, all detailed below.

Dates of Course

For the dates of the course please visit

www.dunamistherapyhub.co.uk/counselling-diploma/

Structure of the Day

- ✓ 09:15 Arrive
- ✓ 09:30 Connect
- ✓ 09:45 The knowledge
- ✓ 10:45 Tea break
- ✓ 11:05 More knowledge
- ✓ 13:00 Lunch
- ✓ 13:45 Real time
- ✓ 14:45 Tea break
- ✓ 15:00 Skills practice
- ✓ 17:00 Finish

Tutorials

Tutorials will be held once a term.



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MEETINGS & ATTENDANCE

Student Representative and Community Meetings

Student representative meetings will be held once a term.
Community meetings will be held twice a year.

Attendance

Students are required to have 90% attendance.
All missed sessions must be made up by written work agreed by the tutor.
Students should attempt to take holiday during the diploma holidays.

Research and Essays

Academic studies outside of the taught sessions. If you are not used to writing we will offer you a session on essay writing.
Please do not let the word research fill you with dread. As therapists we need to know and have evidence for, what we do. We hope you will be encouraged to see how much you use research every day and why we can be enthusiastic for it!

Our students are expected to undertake one research project during the Diploma course. It is a collaborative work amongst the students, the title of which will be given during the taught research module.

The students will also undertake three essays.

Each essay will be 4,000 words and will use the Harvard referencing system.

Exam

The exam will consist of an oral exam (associated cost detailed on website) of a supervised role play counselling session. Times and dates for the exam may change but presently exams will take place the first week in February and the first week in July.

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Residential

We will do some deep experiential learning and have time to play!

All students are required to attend a residential weekend. The weekend will be from Saturday 9:30am until Sunday 1:00 pm. The cost of these are included in the course fee. The residential weekend is to deepen your understanding of self through experiential methods and reflection. It will also be a time to interact with your peers in a new environment and to enrich your sense of community.

It won't be the Ritz! And you will be expected to bring suitable clothing for activities and outdoor pursuits. In some cases it may be necessary to share a bedroom.

Personal therapy

Speak for yourself

Therapy is a willing collaboration between two people who knowingly engage as therapist and client.

Our students are expected to undertake the following:

- Find an integrative counsellor of no less than four years' experience and 400 hours post qualification practice.
- Find a therapist that they feel willing to work with open heartedly, this may mean approaching several counsellors for a one-off session to find a 'good fit'.

Students will normally be expected to work with the chosen therapist for the entire length of their training and must tell the training establishment of any changes to their therapeutic alliance and explain the reason for the change.

Engage with the process. Although the training establishment will not break the bounds of the confidential relationship of therapist and client we expect the student to reflect on their counselling experience and use the opportunity for change to full advantage.

Placement

Once the tutors have decided that you are skilled enough to work with clients you can then look for a placement.

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JOINING THE BACP

Now you are heading towards being a professional

To be an accredited counsellor you need to have undertaken a Diploma in counselling at either an accredited course or on a Diploma course that supports you to gain accredited status, with an accrediting body such as the BACP (British Association of Counselling and Psychotherapy).

This course is **now** accredited.

NB It is a course requirement to join the BACP as a student member by the start of the second term. We will act as sponsors for our students.

Fees

Are required to be paid - the deposit on accepting a place and signing and returning the contract; the first year payment is required one month prior to the start of the course; and the year two payment (subject to successful completion of year one) is required before the last day of term three.

For this year's course fees please visit

www.dunamistherapyhub.co.uk/counselling-diploma/

Extra Costs

Refundable library deposit of £20 due on the first start day of the year.

Oral exam cost (see website for current price)

Weekly personal therapy - a **minimum** of 40 weeks for Part 1 and then pro rata until you have completed and passed your Diploma exam. This cost will vary according to the therapist chosen.

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READING LIST

Some counsellors may offer a discount rate for students, however we recommend that you consider the relationship with your therapist rather than the cost.

Supervision may be payable but some placements offer free supervision to their volunteer trainee counsellors.

Membership of the BACP.

Any extra courses you may choose to undertake.

Any extra activities you choose to partake in during the residential weekend.

A recording device to record your counselling sessions

Books, art, films etc

There is so much that is grist to the mill and we hope you will look and read with new eyes. Here are some of our favourites which we think compliment what we are teaching you.

The Art of Counselling, Rollo May (Book)

Gravity, Alfonso Cuaron director (Film)

Staring into the Sun, Irvin Yalom (Book)

Wizard of Oz, Victor Fleming (and others) director (Film)

The Art of Love, Erich Fromm (Book)

Hamlet, William Shakespeare (Play)

Man's search for meaning - Viktor Frankl (Book)

On Becoming a Person, Carl Rogers (Book)

Guernica, Pablo Picasso (Art work)

The Scream, Edvard Munch (Art work)

Crime and Punishment, Dostoyevsky (Book)

The Unmade Bed, Tracey Emin (Art work)

Theory

The Trainee Handbook Robert Bor

First Steps in Counselling Pete Sanders



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Gestalt

An Introduction to Gestalt Sills et al
Gestalt Counselling in Action Petruska Clarkson
The Now Red Book of Gestalt Gaie Houston
Creative Process in Gestalt Therapy Joseph Zinker
Windows to our Children Violet Oaklander
Gestalt Therapy David Mann

Person Centered

Person Centered Counselling in Action Mearns & Thorne
On Becoming a Person Carl Rogers
Art Therapy, The Person Centered Way Liesl Silverstone
Person Centered Therapy Today Dave Mearns
The Mystical Power of Person Centered Therapy Brian Thorne

Existentialism

Existential Therapies Nick Cooper
Man's Search for meaning V. Frankl
Existential Counselling E. Van Deurzen
& Psychotherapy
Man's Search for Himself R. May
Unknowing E. Spinelli
Love's Executioner I. D. Yalom



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GETTING HERE

Getting here

April Court is situated off Sybron Way. If you are travelling to Dunamis by car, then on-road car parking is available nearby, with limited off-road car parking at the site

There is a train station within walking distance, which has trains from Uckfield and London.

Bus links to Tunbridge Wells and Brighton can be found in the town centre.

Tutors

The course tutors have over 60 years' collective experience as therapists and more than thirty years tutoring.

Sara Bishop Dunamis Therapy Hub Director MBACP (Accred)

Sally Valentine Dunamis Therapy Hub Director MBACP (Accred)

NB To give you a break from us we may occasionally invite visiting tutors to teach and enrich your experiences

