



# London Foundation Certificate in Counselling and Psychotherapy

[www.counsellingcourselondon.org.uk](http://www.counsellingcourselondon.org.uk)

Training in integrative counselling with us is potentially a life changing and enhancing process, you will undertake a journey with ups and downs, you will learn skills and abilities and be a member of a collegial group.

Our students learn practical skills and the application of a wide range of theories which can be used in their professional and personal lives. This course will allow you to make decisions about your future development either in the caring professions or simply to support you whatever you choose to do.

We have a high calibre faculty who will share their knowledge and expertise and support your development throughout the year.

### **What is special about this course?**

- A course which can benefit your life and relationships even if you don't go on to further study.
- A potential foundation to The London Diploma in Psychosexual and Relationship Psychotherapy.
- A course which integrates couples and relationship issues into its overview of therapy approaches:
  - Our training is unusual in that, amongst the different approaches, it includes some teaching on **working with couples and with relationship and psychosexual issues**. This is so that students can also consider specialising in this area of work, going on to take The London Diploma in Psychosexual and Relationship Therapy ([link](#)).
  - Alternatively, they could just use the knowledge gained to enhance whatever branch of therapy they eventually choose, if they decide to go on to take counselling or psychotherapy diploma course.
  - They will also, hopefully, find this aspect interesting, in its own right, for their own personal development.

- **What kind of people go on this course?**

We always expect to see people from very different backgrounds on the course. Some will be people who are considering becoming counsellors or psychotherapists, either because they already have some experience, perhaps in a voluntary capacity, or because they have no experience but believe they have the personal qualities needed for counselling, such as empathy, genuineness and sensitivity. Others will attend to gain insight into their life and relationships.

- **When is the course held?**

The 2018 course commences in January 2018 and finishes in November 2018  
It runs over the Saturday and Sunday of ten weekends

- **Where is the course held?**

**Regent's University**

Inner Circle  
Regent's Park  
London  
NW1 4NS

Map and full details: <http://www.counsellingcourselondon.org.uk/london-nw1.html>

- **Is the course part of a larger organisation?**

The Foundation Course is endorsed and approved by both the LPDRT and by the NAOS Institute.

- **What will be expected of me?**

You will be expected to engage fully in the course, attending regularly, you must attend 85% of the course to be awarded your certificate and participating in the skills exercises and role plays in pairs or threes. There will also be a requirement of one essay of 2000 words to be submitted in October.

- **What support can I expect?**

We encourage the development of a supportive environment in a relatively small group. The Course Director will be open to speaking to any student needing to talk through any difficulties if they occur, and will aim to be present throughout the course.

- **2018 Fees**

£2,245 for the whole course which can be paid in 10 equal monthly installments.

*Successful applicants will be expected to pay a deposit of £250 and the balance by standing order in 10 equal payments commencing in January 2018.*

*For more information and an application form please contact:*

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