



Ellesmere Counselling and Psychotherapy Training

## Counselling and Psychotherapy Training Working with Children and Young People



**Diploma in Child Psychotherapy**

**Prospectus 2021/22**

861 Holderness Road, Hull, HU8 9BA  
Tel: 01482 702571 / Email: [admin@ellesmerecentre.co.uk](mailto:admin@ellesmerecentre.co.uk)  
Web: [www.ellesmerecentre.co.uk](http://www.ellesmerecentre.co.uk)



# PROSPECTUS 2021/2022

This document is concerned with our part-time Diploma in Child Psychotherapy here at the Ellesmere Counselling and Psychotherapy Training.

We also offer a number of shorter child and young person training courses on mental health related topics for general interest and Continued Professional Development.

## TRAINING COURSES

### **Introduction to Counselling Young People and Children**

### **Supervising Counsellors Working with Children and Young People**

To find out more about these short courses, please visit our website at: [The Ellesmere Centre for Psychotherapy Training](http://www.ellesmerecentre.co.uk)

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## Introduction

In this prospectus, you will find information about the children and young people courses that we offer at ECPT. We have designed our training courses to meet the training requirements and standards of UKCP and BACP for working with Children and Young People.

We are proud of the centre's history of delivering training courses and workshops looking at therapeutic work with children and young people. We also value working with experienced and knowledgeable practitioners in the local children's mental health services and youth services and alongside professionals and practitioners within both the private and voluntary sector.



Therapeutic work with children and young people is challenging and hugely rewarding. Our training will provide you with the skills to work safely and ethically with vulnerable children and young people. You will be required to complete a foundation year in Transactional Analysis with specialised application to children and young people followed by advanced training years which integrate theoretical knowledge and clinical experience relevant to the level of that year. The advanced training will be delivered in a range of topics specific to the context of working with children, young people to progress or enhance a successful, rewarding career in Counselling and Psychotherapy.

The outcome of the training will be to develop practitioners who are able to understand verbal and non-verbal cues, communicate through art and play, identify developmental needs, and understand legal and ethical complexities of working within a multiagency framework where needed. The focus is both on recognising the needs of the child and young person and on supporting you and your development as a practitioner.

## Welcome!

## ECPT Training Pathway Options-Working with CYP

(APL will be welcomed, reviewed on an individual basis – up to 50%)

### TA 101 Attendance Certificate

2 Day Introduction workshop of Transactional Analysis concepts. Standalone workshop or complete as part of Diploma, prior to or during year 1.

### Year 1 - Foundation - Transactional Analysis. Level 4

Basic concepts of TA theory. Can be attended as standalone course. Personal therapy. 100% attendance, 150 hours training. Skills practice  
2 x Essay and presentation assignment  
DBS, Safeguarding level 1 before start of placement.

### Introduction to Counselling CYP- 4 days. Optional

Standalone, to start placement, refresher. As an Introduction to CYP some of the same topics are covered in Year 2 in more depth.

### Year 2, 1<sup>st</sup> Advanced – Integrative/TA, Level 5

100% attendance. 150 training hours. Ongoing therapy, clinical skills, diagnosis, and technique. 2 x Essay, presentation. Start of clinical placement. Supervision 1:4 first 100 hours.

### Year 3, 2<sup>nd</sup> Advanced – Integrative/TA, Level 6

100% attendance, 150 training hours over two years. Clinical practice with minimum 250 clinical hours to receive Diploma including 50 adult. Ongoing personal therapy and ongoing Supervision 1:4 first 100 hours, then 1:6, Infant Observation (2 years)

### Receive Diploma in Child Psychotherapeutic Counselling Level 6

Apply to go onto 4<sup>th</sup> Year Psychotherapy

### Diploma in Child Psychotherapy - Year 4 – Level 7

100% attendance, 450 core hours training (over 4 years),  
3 assignments to level 7. Case Study presentation. Minimum 450 client hours to inc 50-100 adult.  
Ongoing Personal Therapy and ongoing Supervision 1:6  
Placement in two settings  
Infant Observation (2 years), Mental Health familiarisation Placement  
**Receive Diploma in Child Psychotherapy Level 7**

**Psychotherapy Accreditation** - We wish to offer accreditation as a future option following completion of all year 4 criteria. We will keep students informed as to our progress through the application and assessment with UKCP and CCYP College for accreditation status for our Diploma in Child Psychotherapy.

## Ethos

*Our ethos is inclusivity and community in that we believe in making counselling and psychotherapy services accessible to all and training available within our local area. We do this within a community of students and qualified counsellors and psychotherapists committed to reinvesting back into our community with ideas and innovations for more accessible and effective training and services.*

*Our aim for the training ethos above is to provide a reflective supportive environment which allows for personal development and growth whilst respecting individuality. We are relational, humanistic and co-creative in our training approach and encourage people through formative and summative assessment to establish their identity as a practitioner.*



## Open Evenings

There is no better way to find out about our training programmes in counselling and psychotherapy than to join us on one of our Open Evenings. These provide the opportunity to gain an overall feel for what training ECPT can offer and what it would be like to train with us. You will acquire information on the latest course developments and offer advice on the best training route for you, giving you answers to any questions that you may have. To book a place please visit our website.

[Open Nights - ECPT](#)

## We Aim To...

- To provide a professional, creative, caring and mutually respectful approach to training
- To promote an “I’m ok, you’re ok” culture, including an equal opportunities policy
- To facilitate your development as competent, professional and ethical therapists.
- To prepare you to successfully complete your training at whatever level you choose.
- To enhance your personal development

- To participate in all activities during the training weekend and receive feedback from your peers and trainers.
- To prepare you for practice with children, young people and adults.

### Acquired Prior Learning (APL)

We welcome candidates who have undertaken training elsewhere or who are already practicing as a non-accredited counsellor / psychotherapist. Accreditation of Prior Learning (APL) is a process through which an individual may be awarded credit for formal or informal learning experiences. Normally no more than 50% of any training can be included as part of the APL assessment.

We do have an APL policy. If you think that your previous learning may qualify you for APL, then please contact us. We may ask for a separate APL form to be completed for review and discussion at interview if necessary. All APL requests will be measured against UKCP and C-CAP SET

### Support for Learning

It is important that no student should be disadvantaged. We strive to be transparent as to what support we can offer with open communication encouraged throughout training. Support mechanisms are in place and available at any point during training. This includes support for neurodiversity, pastoral support and support with assignments.

### Equality, Diversity and Inclusion

It is our intention to underpin each training weekend with skills and competencies relating to diversity, equality, and inclusivity as well as a specific module within Year 3 content. Such values will be included in the following ways:

- Demonstrate an understanding of the legal obligation in the Equality Act 2010.
- Equality, Diversity and Inclusivity forms part of our ethos and ethical framework both in training and organisational structure.
- Raising awareness of conscious and unconscious bias
- Demonstrate commitment to equality, diversity and inclusion in behaviour.
- Embed a culture of high support and high challenge.

All students of the ECPT community have access to the equality, diversity and inclusion committee and they will be listened to and respected. Any actions will be explored to

meet an individual's needs alongside the legal obligation to the Equality Act 2010 to meet organisational obligations.

## Shorter CYP Training Courses Offered

Please visit our website for latest dates and to book a place. We currently offer:

### Introduction to Counselling Children and Young People

Duration: 4-day course (Part Time). Optional additional course.

### TA101

Duration: 2 days course (Part Time). This is a compulsory additional course to be completed as part of the foundation year. It can be attended as an introduction or at some point during the foundation year.

**Foundation Transactional Analysis** – Year 1 of all Diploma courses (Part Time). Can also be attended as standalone year.

### Diploma in Child Psychotherapeutic Counselling – TA, Integrative and Relational

Duration: 3 years (Part Time). Diploma presented once all criteria has been met.

### Diploma in Child Psychotherapy – TA, Integrative and Relational

Duration: 4-year course (Part Time). Diploma will be presented once all additional requirements specific to Psychotherapy element of the course are completed.

## Methodology

Each monthly training session includes:

- An interactive and experiential exploration of theory and modalities
- Skills and techniques
- Supervised Skills Practice
- Review of Process both ad hoc to meet needs of group and formally in group process.
- Professional aspects of being a Psychotherapist
- Group process.

## Objectives

Upon completion of training, you will be able to demonstrate your ability to:

- Make contact with your clients with depth and immediacy.
- Relate to clients with genuineness, unconditional positive regard and empathic understanding, good boundaries, and clear contracts.
- Maintain appropriate self-support.
- Give and take feedback constructively.
- Identify, explore and understand stress triggers and how to attend to them.
- Support clients through crisis.
- Use Supervision conscientiously and effectively.
- Work constructively with colleagues from other professions.
- Form an understanding of the similarities and differences of working with children, young people and adults.

We offer additional training which complement our longer-term Diploma courses or can be attended as standalone workshops.

## 4 Day Introduction to Counselling Children and Young People workshop £360 (£300 + vat)

### Who is this course for?

It is designed for trainee counsellors on adult-focused, counselling/psychotherapy core training courses who wish to undertake some of their practice hours in a placement working with young people. It may also be of interest to Counsellors already qualified to work with adults who want to extend their scope of practice to counselling young people and work towards a formal award in Counselling Young People.



## Course Content

The course content is based upon BACP's Counselling Young People (4–18 years) Training Curriculum. It is structured over 2 units to provide appropriate grounding of child development theory, as well as a gradual introduction into practical work of assessing risks and ethical and legal knowledge.

### Unit 1:

- \* Child and adolescent development and transitions
- \* Communication with young people
- \* Mental health and young people
- \* Risk assessments

### Unit 2:

- \* Working within the context of the counselling setting
- \* Beginnings and endings with young people
- \* Child protection and safeguarding
- \* Ethical and professional practice

*The course content is based upon BACP's Counselling Young People (4–18 years) Training Curriculum.*

## TA101 – 2-day workshop – to be completed as part of Foundation Course – £186 (£155 + vat)

This is a certified course that can be attended as a standalone workshop. It is also required for students to complete as part of the Foundation Year. We look at the philosophy, theory, and application of Transactional Analysis as a tool of social psychology, development, and communication in both personal and professional settings. Whilst there is a strong theoretical element to the two-day training, it is an experiential course.



*This course is currently delivered online. From 2022, we are aiming to return to delivering this course in person.*

## Diploma in Child Psychotherapy

This four-year part-time course is designed for those that primarily wish to work with Children and Young People. The four years include a Transactional Analysis Foundation Year. Following completion of the Foundation Year, students can have a conversation with their trainer to decide if they wish to continue into the 2<sup>nd</sup> year. During their 2<sup>nd</sup> year we will request students to decide which advanced training route they wish to follow depending on whether they wish to work with Children, Young People or primarily work with adults. All advanced training will be within an integrative transactional analysis framework.

The Diploma in Child Psychotherapy Training runs mostly on weekends with some mid-week tutorials/seminars in advanced years. The course is designed for those seeking a level of training required to qualify as a Children and Young Persons Psychotherapist. It is also relevant for individuals who may wish to develop and expand advanced counselling skills within either work or vocational settings.

Mental Health Familiarisation is a requirement of the 4<sup>th</sup> Year, and Infant Observation placement is a requirement of the 3<sup>rd</sup> and 4<sup>th</sup> Years of the Child Psychotherapy Diploma and will incur some additional costs. Further information as to what this involves will be provided. Ongoing support is available to help students achieve their counselling or psychotherapy goals whichever route works for them.

### Creative Methods

When working with children and young people, capacity may differ depending on a number of factors such as age, trauma or stages of development. It is important to explore ways of working therapeutically that are more diverse than straight forward talking therapy. These may include Play Therapy, Art Therapy, Drama and Movement Therapy, Sand Tray Therapy and others.

### Theoretical Models

Whilst Transactional Analysis will be the core model for your training, in line with the Integrative requirement for the course, we'll draw on other theoretical schools to augment your learning and development.

We aim to offer a varied and comprehensive program of Creative Methods of Working and Theoretical Models by tutors with specialisms in their fields. This may be subject to change in line with the demands of the group and availability of specialist tutors.

| <b>Foundation – Year 1</b><br>Concepts underpinning TA in therapy.  | <b>Year 2</b><br><b>Foundations for Clinical Practice</b>  | <b>Year 3</b><br><b>Developing Therapeutic Practice in a specialised area</b>   | <b>Year 4</b><br><b>Development of Identity within a therapeutic framework</b>   |
|---|--|---|--|
| 1. Introductions, Contracting<br>2. Ego state theory<br>3. Script Theories 1<br>4. Script theories 2<br>5. Transactions, Strokes, Life positions<br>6. Games & Games processes<br>7. Rackets & Racket analysis<br>8. Contamination, decontamination & confusion<br>9. Cathexis model, Passivity model; Discounting<br>10. Endings<br><br><b>Equality, Diversity and Inclusion underpins each weekend.</b> | 1. Context: Engagement with parents/carers and agencies<br>2. Child Protection and Safeguarding<br>3. Contracting & Assessment<br>4. Attachment Theory<br>5. Stages of Child development<br>6. Theoretical Models<br>7. Creative Methods<br>8. Adverse childhood experiences<br>9. Legal & Ethical Issues<br>10. Transitions and Ending<br><br><b>(Year 2-4 course content may change)</b> | 1. Equality, diversity and inclusion<br>2. Mental Health – Diagnosis. Assessment, Treatment Planning.<br>3. Mental Health – Emotional, Social & Behavioural difficulties<br>4. Self-Harm and suicidal ideation<br>5. Creative Methods<br>6. Dynamics of power in relation to the therapeutic process with children<br>7. The role of technology and social media. Security and confidentiality<br>8. Theoretical Models<br>9. Loss and Bereavement<br>10. Communication and appropriate use of Supervision. | 1. Inner Child – building self-esteem.<br>2. Birth Stories – connections to patterns of behaviour.<br>3. Intrapersonal world of self<br>4. Identity Development – Sex/Gender inc LGBTQ+<br>5. Trauma / Dissociation<br>6. Research- Students clinical practice<br>7. Different forms of Abuse and their impact<br>8. Creative Methods<br>9. Therapeutic process for those with SEND.<br>10 Transference, Countertransference |

## Training Course Requirements

### Year 1 - Foundation – Concepts underpinning TA in therapy.

This can be attended as standalone course or is the first year of all our Diploma training courses. It provides an in-depth introduction to the concepts underpinning the theory of TA. Within this year you are required to attend a TA101 if you have not already done so. It enables you to make an informed choice about which Advanced training level would best meet your needs whether this is working with children, young people or adults.

The Foundation year is mainly cognitive and focused on theoretical understanding with an introduction to process and reflection of self. On each monthly training session, the first of the two days will cover a specific theoretical principle. The second day will incorporate a tutor group, developing skills in



relation to the theory and how this could be used in practice. Each month there will be a presentation of other counselling models or a topic of interest by the students. On completion of this first year, the Foundation Certificate in Transactional Analysis will be presented.

*Please check out the website for 2021-2022 Foundation session dates.*

### Course Requirements

- 100% attendance
- 150 Hours training
- Personal Therapy
- Skills practice – child based – will include a group discussion around a taped session. Competency to practice placement certificate presented end of year.
- 2 x Essay and 1 x Presentation
- DBS Check
- Safeguarding level 1 before start of placement
- Submission of end of year paperwork

*Review with Trainer if you wish to continue into year 2; start clinical placement.*

## Year 2 - Foundations for Clinical Practice

All advanced training will be within a transactional analysis, integrative framework.

During Year 2 you will have the opportunity to discuss pathway options, level of training you are at and/or accreditation level to see which route and level works best for you, Psychotherapeutic Counselling or Psychotherapy.

## Year 3 - Developing Therapeutic Practice in Specialised Area.

Upon completion of 2nd and 3rd years, providing all the requirements have been met, a Diploma in Integrative & Transactional Analysis Child Psychotherapeutic Counselling will be awarded.

### Diploma in Child Psychotherapeutic Counselling – Course Requirements

- **Length of course: 3 years (includes foundation year), part-time.** Each year over 10 months, one weekend a month. 9:30am to 5:00pm (Saturday and Sunday).
- **Location:** One of ECPT's training facilities – Holderness Road or Beverley Road in Hull.
- **Training Hours:** 450 taught student hours. (Equates to 150 each year) Core training hours will cover this requirement. *(If any sessions missed, these can be made up by attending CPD workshops, paid for by the student).*
- **Assignments:** 2 x Essays, 1 x Presentation, 1 x Group Presentation (in each of the 2<sup>nd</sup> & 3<sup>r</sup> Year).
- **Other:** reflective journal, record of hours, peer and trainer feedback
- **Ongoing Therapy:** Continuous during training – at least 105 hours over the 3 years *(with a UKCP registered accredited therapist).*
- **Clinical Hours:** a total of 450 (no more than 50 adult/parent/carer hours), Infant Observation Studies (weekly)
- **Supervision** – 1:4 for first 100 hours of clinical practice. Thereafter, 1:6 at the discretion of Supervisor
- **Specialism:** Children & Young People
- **Modalities:** Transactional Analysis, Integrative, Humanistic, Relational
- **Completion:** Diploma in Child Psychotherapeutic Counselling. Apply to go onto 4<sup>th</sup> Year Child Psychotherapy

## Diploma in Child Psychotherapy – Course Requirements

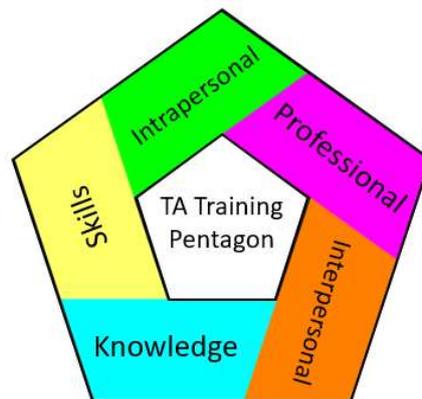
- **Length of course: 4 years, part-time.** Each year over 10 months, one weekend a month. 9:30am to 5:00pm (Saturday and Sunday).
- **Location:** One of ECPT's training facilities – Holderness Road or Beverley Road in Hull
- **Training Hours:** 600 taught student hours. (Equates to 150 each year) Core training hours will cover this requirement. *(If any sessions missed, these can be made up by attending CPD workshops, costs incurred would be paid for by the student).*
- **Assignments:** 3 x essays (specialist, research, reflective essay), 1 x presentation, 1 x group presentation.
- **Other:** record of hours, peer and trainer feedback
- **Additional Requirements but part of core 4<sup>th</sup> year training:** Observation Studies (weekly for up to 2 years) and Mental Health Familiarisation Placement.
- **Ongoing Therapy:** Continuous during training – at least 160 hours over the 4 years. With UKCP registered accredited therapist.
- **Clinical Hours:** minimum 450 include 100 adult/parent, carer hours.
- **Supervision** – 1:4 for first 100 hours of clinical practice. Thereafter, 1:6 at the discretion of Supervisor
- **Specialism:** Children & Young People
- **Modalities:** Integrative, Transactional Analysis, Humanistic, Relational
- **Completion:** Diploma in Child Psychotherapy

*We ask all students to complete the requirements for each year before going onto the next training year. If you decide to take a year out, and wish to return, we offer an optional membership scheme (T&Cs apply).*

## ECPT Pentagon Assessment Tool

**Growth/Development/Assessments** - we use our Pentagon Strand Assessment Tool (*Debbie Barker 2017 © copyright*) along with academic marking criteria to provide both formative and summative feedback when monitoring and assessing your progress and achievement within and between each stage of the programme.

We will support you through ongoing professional and personal growth from being able to demonstrate a level 4 understanding, in your foundation year, to a competent level 6 of psychotherapeutic reflection and internalisation of your training to level 7 in your 4<sup>th</sup> Psychotherapy Year. The pentagon strands will be evident and will overlap in more than one area of assessment.



Intrapersonal

Personal development. The ability to know, understand, interpret and consider the impact of your own emotions.



Skills

How we demonstrate our ability to work in therapeutic practice (with clients)



Knowledge

Demonstrate understanding of theory within a therapeutic practice setting.



Interpersonal

Being part of a group. The ability to communicate and interact with other people and reflect on verbal and non-verbal experience of social interaction and relationship.



Professional

The assessment for qualifications and professional requirements for clinical practice in line with ethical body. Attend to what is required to move up each year.

## Investment and Additional Requirements

- Course Fees - £2,220 (£1,850 + VAT) each training year (one weekend a month for 10 months). Foundation request payment up front. Offer payment plan for those continuing onto Advanced Training, Diploma.
  - Course fees can be paid in full upon enrolment by bank transfer, card payment or invoice to your employer.
  - Unfortunately, as we are a private institution, we have no access to funding, loans, bursaries or are able to provide discounts for the Foundation Year.
- TA101 – 2 days £186 (£155 + vat)
- Therapy and Supervision – £45-£55 a session. UKCP accredited therapist/supervisor. Number of sessions required in line with hourly requirements for each training level. Being part of a group can help minimise cost.
- Annual Professional body membership.
- Insurance – this is an annual cost when you start seeing clients.
- DBS – initial cost, then yearly upgrade service available and recommended.
- CPD – to compliment training, in areas of personal interest. Can also be attended to make up any training hours missed (would be at cost to you)
- Conference – residential or individual. You are required to attend at least one and these can count to any training hours missed.
- Expenses associated with attending placements.
- Infant Observation over 2 years (part of psychotherapy diploma)
- Costs associated with completing mental health familiarisation (part of psychotherapy diploma)

## Selection and Admission Procedures

### Entry Requirements

Our Foundation Year starts at level 4 so whilst there are no formal entry requirements to enter the Foundation year, interviews and assessments throughout

the training will be based on set marking criteria as well be assessed against the five pentagon strands mentioned earlier. *(Debbie Barker 2017 © copyright).*

- We invite a willingness for personal reflection, review of process and an interest in development of self and others within a group setting.
- Within Year 1 to have attended TA101, started personal therapy, DBS clearance and Safeguarding at least to level 1.
- For advanced level of Training, UKCP suggest graduate level of competence. This could be in the form of a relevant degree or equivalent vocational qualification, and/or equivalent life and work experience. *(Assignments in Years 2 & 3 are marked to level 6. Assignments in Year 4 are marked to level 7 standard).*
- To be able to meet the course requirements *(disability and equalities exceptions/adaptations to requirement will always apply).*

### Criteria for Selection

We invite suitable personal qualities which can be evidenced through written references, application form statement, and at interview.

- A non-judgmental outlook and a willingness and ability to work with all kinds of people.
- Excellent observation and listening skills.
- Patience, tolerance and sensitivity.
- An understanding of your own attitudes and responses.
- A belief that all clients are able to make positive changes.
- An appreciation of confidentiality and boundary issues.
- Ability to self-reflect and respond to personal challenge.
- Ability to be flexible, responsive and open to looking at process of self and others.
- An ability to study at a higher educational level. This may take the form of a vocational or academic qualification in a related field, and/or equivalent life and work experience.
- A willingness to undergo an enhanced DBS check and any other statutory checks required by your placement providers.

## How To Apply

Applications for our courses can be made online via our website. Please follow the following link: [Online Application Process - ECPT](#)

If you have accessibility difficulties, please contact us. Interviews are held in person and/or online.

As we allocate places to successful candidates as soon after interview as possible, courses do fill up so early application is recommended.

## Application Process and Interviews

If you wish us to consider APL, please let us know at the time of completing your online application. We may require additional information to what is on your application form ensuring we consider all your experience.

Upon receipt of your application form, you will be invited for interview with two of the CYP Training Development Team. If you have a successful interview and you fulfil all the selection and admission requirements, we will contact you to advise you of your place on the course and send you a letter with an invitation to enrol. If ECPT has any queries following your interview you may be offered a second interview to address these queries. If ECPT feel that we could offer you a place subject to you fulfilling any criteria you will be offered a place on condition of these criteria being fulfilled.

If your interview is unsuccessful or you do not fulfil the entry requirements, we will contact you to let you know, and provide you with feedback and written confirmation of our decision. You will be given the opportunity to appeal against this decision and provide any mitigating evidence, however, once this has been considered ECPT Academic Lead's decision is final.

**We look forward to welcoming your application form.**

### Contact details:

ECPT,  
861 Holderness Road,  
Hull, HU8 9BA  
Tel: 01482 702571  
Email: [admin@ellesmerecentre.co.uk](mailto:admin@ellesmerecentre.co.uk)  
Website: [www.ellesmerecentre.co.uk](http://www.ellesmerecentre.co.uk)