

CERTIFICATE IN THERAPEUTIC COUNSELLING WITH ADOLESCENTS and DIPLOMA IN THERAPEUTIC COUNSELLING WITH ADOLESCENTS

A Part Time Programme Leading to Nationally Recognised Registration

Year One: leads to Certificate in Therapeutic Counselling with Adolescents

Year Two and Year Three: lead to Diploma in Therapeutic Counselling with Adolescents (UKAPC registration)

Duration

Certificate in Therapeutic Counselling with Adolescents: weekend course over one year.

Diploma in Therapeutic Counselling with Adolescents: Further two years of training over weekends and some additional days of attendance (approximately 20 days per academic year)

Overview of the courses

These courses focus on essential practical skills and underlying psychological theories necessary to provide a therapeutic space for adolescents to reflect and feel, in this important stage of life. Core issues integral to adolescence will be explored, with particular focus on prevalent emotional and behavioural difficulties. The curriculum will move through initial diagnosis to appropriate modes of intervention.

In addition, Years Two and Three focus on advanced therapeutic skills for providing adolescents with a healing relational experience from which to move forward in their lives, resolve conflicts and achieve their potential.

Progression from Year One to Years Two and Three:

The one year course covers fundamental skills in therapeutic counselling with adolescents, essential psychotherapeutic, psychiatric and neurobiological theory and a wealth of hands on practical therapeutic tools. The continuing years build on the theory and practice of Year One with more in-depth knowledge about emotional and behavioural difficulties and mental health problems prevalent in adolescence. Supervised practice, working with the therapeutic relationship and advanced therapeutic skills take precedence. The three-year course is for people wishing to qualify and register as a Therapeutic Counsellor with Adolescents (UKAPC registration).



For application forms or any further enquiries, please contact

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CERTIFICATE IN THERAPEUTIC COUNSELLING WITH ADOLESCENTS and DIPLOMA IN THERAPEUTIC COUNSELLING WITH ADOLESCENTS

Curriculum over the three years includes:

The Psychology of Adolescence

Using Art, Sandplay, Music, Drama, Poetry, Puppetry and Mental Imagery to enable adolescents to explore their feelings and to facilitate an in-depth and enriched communication and connection.

Essential Therapeutic Skills, Tools and Techniques for Work with Adolescents

Essential Psychotherapeutic and Neuroscientific Theory

Psychoanalytic, Integrative and Attachment theory.

Understanding Adolescent Culture through Media

e.g. film, literature, computer games, fashion, music, language, popular culture.

The Body-Mind Relationship in Adolescence

Sexuality and body image. Eating disorders, self-harming, alcohol abuse, substance abuse. Understanding, how to be and what to do.

Relationship with Self in Adolescence Who am I? Who was I? What do I want to be/do? Issues of identity, self-image and self-worth. Role models, idols and inner demons. The child self in the adolescent versus the emergent adult. Tormented self-states. Boredom.

Relationships with Others in Adolescence

The joys and the anguish. Peer pressure and the power of the gang. Loneliness, alienation and issues of belonging. Finding and losing love. The blight of living within a narrow range of relational options: submission/dominance, rebellion/over compliance, impotence/omnipotence, violence/bullying.

Family Issues Relationships with parents. Sibling rivalry and agony. The effect of care, fostering or adoption.

Learning Difficulties

Motivational problems, concentration problems, lethargy, disinterest. Coping with dyslexia.

Understanding Autism, Asperger's and ADHD in Adolescents

Assessment, Diagnosis and Risk Assessment

Advanced Psychotherapeutic Theory and its Application to Clinical Practice with Adolescents

Advanced Therapeutic Skills for Work with Adolescents

The Therapeutic Relationship

Working with transference and counter-transference. Making effective relational interventions.

Working Effectively with Challenging Behaviours

Enabling an adolescent to move from basic mistrust to openness, emotional ease and the wish to resolve.

Family Therapy

The Effective Management of Parent/Adolescent Therapy Sessions

Supervised Clinical Practice

Case Presentations and Clinical Seminars

Adolescent Psychiatry

How to apply

Complete an application form (in the prospectus pack or telephone 020 7704 2534) and attend the next Taster Day (these are run monthly). There will be a formal interview at the end of the Taster Day. Some APL places (assessment for prior learning) are available for people who have accrued substantial training hours and clinical hours in therapeutic work with adolescents.

Admissions

All candidates must have a first degree or equivalent and be able to demonstrate the following capacities and abilities:

1. Developed capacity for empathy and warmth
2. The ability to be self-aware and emotionally undefended
3. Sound emotional literacy skills
4. Emotional robustness
5. The capacity to play
6. The capacity to think under stress
7. A good level of contact with others

All successful applicants must:

1. Agree to undertake personal psychotherapy with approved practitioners for the duration of the course (registration requirement)
2. Be at least 25 years of age

Staffing

Senior Adolescent Psychotherapists, Clinical Psychologists, Senior Social Workers, Educational Advisors, Child and Adolescent Psychiatrists