

FPSA report

Team leader, Skills +, Action for Children
BSc Hons Degree in Therapeutic Child Care

Training attended: Level 4 Diploma in Therapeutic Counselling (TC-L4)
Venue: Plas Pentwyn, Castle Road, Coedpoeth, LL113NU
Length of course: 2 years
Trainer: Louise Tyson

Summary and experience of training.

This two-year part-time qualification gives learners the knowledge, skills, and competencies to work as a therapeutic counsellor in an agency context in both health care and non-medical settings. I have commenced the second year of the course, which began after a short delay on the 27th of September 2023. The course runs until 17th July 2024.

Attending the Therapeutic Counselling training has thus far been an excellent extension to my current approach. Counselling skills are helpful with self-harm concerns, grief, depression and anxiety, and other difficulties. This will and can assist me with future work as I plan to stay with Action for Children, who has a host of other children and young people projects working with younger children. I have developed competence in working with the person-centred counselling approach, and have developed a wide range of professional skills, including communication, reflective practice and self-awareness, research skills, mindfulness, and cognitive behavioural therapy.

The training is directly relevant to my role, and I will use the approaches in my direct work with adolescents, who are looked after and transitioning out of the care system. These young people have been subject to trauma, developmental suffering and have evident attachment needs, so to be therapeutic and person centred is useful because of its non-judgemental and empathic approach and responses.

The training has introduced principles of working ethically, safely, and professionally as a counsellor. A counselling placement has improved my understanding of client diversity, and how to sit within a coherent framework of counselling theory. Reflective practice and personal therapy has improved my self-awareness which includes challenging my own prejudices, fears or issues within the counselling process.

The course is taught weekly in a classroom setting, and via monthly full day workshops. Both tutors are currently practicing in the field of counselling and supervision. They have a wealth of experience and knowledge that spans over more than thirty years in generic and specialist areas. The face-to-face classes teach skills in different therapeutic counselling approaches and allow us to practice the skills and approaches. The workshops teach me additional areas in mental health, safeguarding practices, assessments, and other potential client issues.