

#### **Level 4 CPCAB Diploma in Therapeutic Counselling, with Adult Learning Wales, July 2023**

This Diploma course was part time over 2yrs duration, total time of 420hrs study, with additional applied practical elements of 100hrs on placement and at least 10hrs personal counselling. The course included 36 weeks of 4hr classes, as well as eight weekend workshops per year, plus an overnight residential weekend of 18 hrs contact time per academic year.

I have a degree in Psychology and I worked in the voluntary sector with adolescents for 15 years, prior to being a Police Constable. Due to the need to respond to crimes I did not have the opportunity to complete any in-depth work to support children, young people and families in reaching their full potential, therefore I returned to the voluntary sector in order to work at an early intervention level with vulnerable people in achieving the best outcomes possible for them, and enhance their problem solving strategies. I also had the ambition to study for my Diploma in Counselling, to provide me with a recognised qualification and promote and enhance my practice, to deliver the best possible service for the young people and families that are referred. This would in turn enhance engagement in early interventions to reduce and prevent the escalation to higher level services.

Embarking on the training has been a transformative experience that has deeply enriched my personal and professional life. It is an in-depth course that delves into the principles and practices of Person-Centred Counselling, building upon the foundation laid by the humanistic psychologist Carl Rogers. The curriculum encompasses a broad range of criteria including theoretical foundations, practical counselling skills, ethics and professionalism, supervised practise and personal development.

My experience during this training has been both challenging and profoundly rewarding. I was particularly impressed by the humanistic philosophy that underpins person centred counselling. It is aligned with my own values and beliefs about the importance of empathy, acceptance, and authentic human connection. The journey was an opportunity for deep self-reflection and personal growth, as well as a chance to witness the transformative power of person-centred counselling in action.

The knowledge and skills gained through this qualification have had a significant impact on my work and the wider context of my life. In my professional role, I have been able to apply the principles of active listening, empathy, and unconditional positive regard to better understand and support my clients and colleagues. This in turn has improved my interactions with clients and has enabled me to create a more inclusive, supportive and empathic environment which aligns with our organisation's values and mission.

For individuals considering pursuing the same qualification, I would highly recommend the programme with the recommendations that you are open to self-reflection, committed to practice, develop a strong understanding of the ethical considerations in counselling, and ensure that the humanistic and person centred approach resonates with your personal values and beliefs, this alignment will make the journey more fulfilling and effective.

I would like to take this opportunity to thank the FPSA for their funding which enabled me to complete my Level 4 Diploma in Therapeutic Counselling, without this funding it would not have been possible for me to have completed it so soon after returning to the voluntary sector. I am

forever grateful and fortunate to have been given the opportunity, it is relevant to my everyday practice and personally, my way of being as well. Thank you for your support.