

FPSA Training Report

1. Training Undertaken

Therapist2Coach Training Programme

Award: Level 7 Senior Practitioner Coach Accreditation (EMCC)

Provider: Therapist2Coach

Duration: September to May (9 months)

Outcome: Accreditation as a Level 7 Senior Practitioner Coach through the European Mentoring and Coaching Council (EMCC).

2. Date of Completion

The training programme commenced in September and concluded in May. Following completion of the required portfolio and assessment work, I was awarded the Level 7 Senior Practitioner Coaching Accreditation on 27/07/26

3. About Me

I am a Person-Centred Counsellor and Clinical Supervisor. I work as a Counsellor for the Young Person's Counselling Service based in Flintshire schools. This training is directly relevant to my work supporting young people, adolescents, and the professionals who work alongside them.

4. Summary of the Training

The Therapist2Coach programme was designed to develop advanced coaching knowledge and skills, enabling therapists and counsellors to integrate coaching approaches into their existing practice. The training explored key coaching methodologies, ethical practice, professional standards, contracting, goal setting, reflective practice, and the development of effective coaching relationships.

The programme combined theoretical learning with practical application, requiring participants to apply coaching models in real-world settings, engage in supervised practice, and demonstrate competence through reflective and assessed work. The training provided opportunities to develop skills that complement and enhance an existing therapeutic practice.

5. My Experience of the Training

I found the training to be highly valuable and directly applicable to my work. It has enabled me to become a dual-qualified practitioner, integrating counselling and coaching approaches to support young people in a more flexible and responsive way. This pluralistic approach allows me to tailor support according to the needs and goals of each individual.

An additional benefit of the training is the ability to work more effectively with adults who support young people, including parents, carers, and professionals. By coaching those around young people, I can help create wider positive outcomes and extend the impact of my work beyond direct therapeutic interventions.

I intend to continue incorporating coaching skills within my practice and believe the training will have long-term benefits for the young people and adolescents I support. I would recommend this training to other counsellors and helping professionals who wish to broaden their practice and develop additional ways of supporting positive change.

Acknowledgements

I am extremely grateful to the Foundation PSA for providing the funding that made this training possible. Their support has enabled me to gain a professional qualification that will enhance my practice and ultimately benefit the young people, adolescents, and wider communities that I work with.

Thank you for investing in my professional development and helping to improve the support available to young people.