



THE UNIVERSITY *of* EDINBURGH
Counselling and Psychotherapy



Continuing Professional Development

September 2011 – May 2012

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Introduction

Welcome to the Continuing Professional Development (CPD) programme in Counselling and Psychotherapy at the University of Edinburgh.

We are an established and internationally-respected provider of counsellor education and training and offer a wide range of CPD courses, workshops and events for counsellors, psychotherapists, psychologists and practitioners working in other related fields. We also provide degree programmes specifically designed for experienced practitioners looking to develop their practice, knowledge and self-awareness.

There are 12 CPD opportunities available this year. These include full courses which run for six or more weekly sessions, short workshops taking place over one weekend and one-off events lasting a few hours or a day. All our CPD activities seek to combine professional relevance with academic rigour and are facilitated by tutors who have extensive experience in their respective fields.

Our CPD programme is responsive to practitioners' and agencies' needs. We welcome requests and suggestions for future courses or events from individual counsellors, counselling agencies and professionals in related fields. We can also offer specialist, tailor-made training for your organisation – please let us know if you have any specific requirements or training needs.

We hope you will find something of interest here. If you would like further information, please do not hesitate to contact the CPD Programme Director:

Craig Hutchison

Tel: 0131 650 3885

Email: craig.hutchison@ed.ac.uk

About CPD with Counselling and Psychotherapy

All our courses and events are designed to help you develop your knowledge, self-awareness and skills in a particular area. At the end of your course or event you will receive a Certificate of Attendance which can be used as evidence of continuing professional development for professional bodies such as BACP, UKCP, BPS and COSCA.

Participants on courses lasting six or more weeks are also enrolled in the University as Visiting Students, which gives access to the University's library and computing resources to further support learning.

All CPD courses and events take place in central Edinburgh, usually in rooms at the Medical School on Teviot Place. We are committed to ensuring accessibility - please let us know if you have any specific requirements when you apply.

Please note: Attendance at all sessions is expected as this can be important for the learning of the group. Some courses and events will only run if there is sufficient attendance.

All our CPD tutors are experienced practitioners and you can find further information about them on our website:

www.ed.ac.uk/schools-departments/health/counselling/people/directory

Taking courses for academic credit

A unique feature of the CPD courses provided by Counselling and Psychotherapy at the University of Edinburgh is that participants have the option to take them for academic credit should they wish. Participants who wish to take the course for academic credit attend all course sessions and, in addition, need to complete and pass the course assessment task. Participants may then use this academic credit towards a relevant Masters degree with Counselling and Psychotherapy, if taken within five years. Other Universities may also accept credit transfer from our courses into their postgraduate programmes in counselling and psychotherapy. Please let us know if you are interested in taking one of our courses for academic credit and we will send you the relevant application form.

Please note: our Counselling Supervision course must be taken for academic credit. CPD workshops and events (listed on pages 5 to 7) cannot be taken for credit.

Entrance requirements

Some courses and events are open to anyone with an interest in the topic while others have more specific requirements. A full statement of the entrance requirements can be found on the relevant course or event page. However, our CPD programme is normally open to anyone who:-

- has a qualification in counselling or psychotherapy, **or**
- is currently training in counselling or psychotherapy, **or**
- has another suitable relevant background (e.g. nursing, social work, psychology).

Students on our degree programmes can take many of our courses as options credited toward their degree or can 'audit' courses (i.e. sit them without being assessed). The mix of experienced practitioners and trainees which occurs on some of our courses

can provide useful opportunities to share ideas, to learn, and to explore cross-cultural implications of the theories and practices examined.

How to Apply

Application forms may be downloaded from the Counselling and Psychotherapy website:

www.ed.ac.uk/schools-departments/health/counselling/study/cpd/apply

Or may be requested from the CPD Course Secretary:

Sue Larsen

Tel: 0131 651 6671

Email: sue.larsen@ed.ac.uk

CPD Workshops and Events

The Screen and the Unconscious: Film and Psychoanalysis

Many parallels have been drawn between the experience of watching a film and the exploration of the unconscious in psychoanalysis.

This workshop will use the medium of film to explore key psychoanalytic ideas such as the unconscious, the dream, phantasy, the return of the repressed, splitting, projection, and the loss of the object. Input will be organised around watching and then discussing films in order to illustrate psychoanalytic concepts, and learning will be supported by relevant papers.

Tutor:

Judith Fewell

Entrance Requirements:

Anyone with an interest in psychoanalytic thinking and practice.

Course Fee:

£135

Dates and Times:

11-12 November 2011

Friday 11 November 6pm - 9pm and

Saturday 12 November
9.30am – 4.30pm

Application Closing Date:

28th October 2011

An Introduction to Psychodrama

One simple description of psychodrama is 'an action methodology used by a group to help protagonists tell the stories of their lives'. It is an art form birthed by the father of psychodrama, Dr. Jacob L. Moreno, and it emerged from his experiences with the Theatre of Spontaneity, sociometric explorations employed to help people make authentic choices, and groups in which he observed members act as therapeutic agents for each other.

In this workshop participants will be introduced to Moreno's basic philosophy and the history of psychodrama; sociometry and its fundamental importance in respecting group process; the overall structure and elements of a psychodrama; and basic methods used in the enactment of a psychodrama. Not surprisingly, the workshop will have didactic elements, but the focus will be experiential and will address skills needed for warm-up, action, sharing, and processing group experiences.

This course is delivered through a weekend workshop of three sessions from Friday night through Sunday afternoon.

Tutor:

Mary Catherine Burgess

Entrance Requirements:

Open to counsellors and psychotherapists (qualified or in training). Applicants from other relevant backgrounds will be considered.

Cost

£225

Dates and Times:

27-29 January 2012

Friday 27 January 6-9pm

Saturday 28 January 10am – 5pm with one hour break

Sunday 29 January 10am-4pm with one hour break

Application Closing Date:

13th January 2012

Recovery and Positive Growth following Trauma

Trauma is central to the work of counsellors and psychotherapists but while the adverse effects are well-documented, the process of recovery from trauma and of positive growth following trauma are less well understood.

In this workshop we will critically examine the concepts of trauma and vicarious traumatisation and will present recent research findings on recovery and positive growth following traumatic events.

Participants will be invited to examine their own understanding of traumatisation, will be introduced to some contemporary ideas on trauma, recovery and post-traumatic growth, and will be facilitated to consider the ways they could support survivors of trauma in their own work.

Tutor:

Craig Hutchison

Entrance Requirements:

Open to counsellors and psychotherapists (qualified or in training), social workers, psychologists and other professionals.

Cost:

£90

Dates and Times:

Saturday 15 October 2011,
9.30am to 3.00pm

Application Closing Date:

30 September 2011

Courses

Body Talk: Embodiment, Physical Dialogue and Authentic Movement

This course introduces participants to the basic principles of embodiment: how our bodies hold history and emotions, and how they speak about what is going on in our inner world. Participants explore the concepts of 'speaking' and 'hearing' through the body self. In this context, participants will be invited to observe and explore the dialogue between differing styles of physical movement and the way in which individuals 'talk' and 'hear' through the body. Various movement improvisational frameworks will be introduced. Topics include: movement observation and analysis; psychodynamic exploration of transference and countertransference in relation to movement experience; listening to oneself and others through body knowing; and relevance and application to clinical practice. A distinctive feature of the course is the opportunity to work experientially in order to build skills and understand theoretical ideas behind embodiment. Sessions are taught through movement, discussion and demonstration in an open space.

The course is delivered through eight weekly sessions of three and a half hours (including a break) which will include practical inputs and group discussions.

Tutor:
Kedzie Penfield

Entrance Requirements:
Open to counsellors and psychotherapists (qualified or in training), social workers, psychologists and other professionals

Cost
£590

Dates and Times:
January to March 2012.
Wednesdays, 9.30am to 1.00pm, on the following eight dates:
25 January to 14 March 2012

Application Closing Date:
11th January 2012

Counselling Children and Young People

This course provides a comprehensive introduction to the practice of counselling children and young people. Grounded in theoretical understandings of emotional and psychological development in children and adolescents, it examines the therapeutic relationship and process, and the adaptation of approach required, when working with young people. Topics include: differentiating developmental and therapeutic needs; the impact of childhood abuse and neglect; understanding and working with family systems; the social and political contexts of therapeutic practice with children and young people; and interdisciplinary practice. A distinctive feature of the course is its focus on non-verbal therapeutic approaches, introducing participants to methods and techniques from play and art therapy.

The course is delivered through eight weekly sessions of three and a half hours (including a break).

Tutors:

Mandy McGown and
Carol Targett

Entrance Requirements:

Open to counsellors and psychotherapists (qualified or in training) OR professionals with experience of working with children and young people and an interest in therapeutic practice

Cost:

£590

Dates and Times:

October to November 2011
Tuesdays, 9.30am to 1.00pm,
on the following eight dates:
4 October to 22 November
2011

Application Closing Date:

20 September 2011

Couples and Relationship Counselling: An Introduction

This course provides an introduction to the practice of counselling couples and relationship work. Grounded in theoretical understandings of contemporary family and couple relationships, the course examines the therapeutic relationship and process in working with couples on issues which affect their relationship. Topics include: the social and political contexts of family life and couple relationships in modern Britain; the significance of early relational experiences; the process of therapeutic work with couples; difference, diversity and power in relationships; therapeutic themes and challenges. A distinctive feature of the course is the inclusion of practice sessions, in which participants have the opportunity to practice the application of their learning in listening triads.

The course is delivered through six weekly sessions of three hours (including a break).

Tutors:

Siobhan Canavan and
Bob Goupillot

Entrance Requirements:

Open to counsellors and psychotherapists (qualified or in training). Applicants from other relevant backgrounds will be considered.

Cost:

£590

Dates and Times:

October to November 2011.
Thursdays, 6.00pm to 9.00pm, on the following six dates:
20 October to 24 November 2011

Application Closing Date:

06 October 2011

Counselling Supervision (COSCA Certificate)

Professionally validated by COSCA, this course provides a comprehensive professional training in counselling supervision. At its core are themes relevant to supervision in the dialogue between the person-centred approach and psychodynamic perspectives. These include: the transition from counsellor to counselling supervisor; models of individual and group supervision; the core conditions in supervision; transference and countertransference; holding and containment in supervision; difference, diversity and power in the supervision relationship; boundaries and ethical issues; and the social, cultural and organisational context for supervision.

Successful completion of this course requires students to undertake a supervision placement of at least 12 hours and submission of a 5,000 word portfolio.

The course is delivered through 12 weekly sessions of four hours (including a half hour break) plus a half-day in September 2012 on a date to be agreed with participants.

Applicants for the Counselling Supervision course need to be able to meet the following entrance requirements:

- a first degree or equivalent in any subject and accreditation as a counsellor or

Tutors:

Siobhan Canavan and
Liz Glencorse

Entrance Requirements:

This course is not suitable for recently qualified counsellors or for people who do not have a counselling or psychotherapy background.

Cost:

£780

Dates and Times:

January to May 2012.

Tuesdays, 9:30am to 1.30pm, on the following 12 dates:

24 January to 13 March, then 17 April to 8 May, plus a half-day in September to be arranged with participants.

Application Closing Date:

10 January 2012

- psychotherapist OR
- a first degree or equivalent and a qualification in counselling OR psychotherapy to Diploma level and two years post qualifying practice (which may be waived for those who have undertaken substantial practice prior to securing professional qualifications) OR
 - accreditation as a counsellor or psychotherapist and evidence of potential to study at postgraduate level OR
 - a qualification in counselling or psychotherapy to Diploma level, eligibility for professional accreditation and evidence of potential to study at postgraduate level.

Please note:

The Counselling Supervision course must be taken for academic credit. The application form can be downloaded from our website:

www.ed.ac.uk/schools-departments/health/counselling/study/cpd/apply

OR can be requested from Sue Larsen by email: Sue.larsen@ed.ac.uk or telephone: 0131 651 6671

Exploring Cognitive-Behavioural Therapy: An Introduction for Counselling and Psychotherapy Practitioners

This course, provided in conjunction with colleagues at the Edinburgh Psychology Centre, offers participants a space to explore some current debates about the use of concepts and practices originating in cognitive behavioural therapy.

The course aims to:

- facilitate the development of participants' understanding of cognitive therapy's theoretical constructs and practices
- critically evaluate CBT ways of working for depression and anxiety, self esteem issues and working with couples
- explore the potential for integration of these for theory and practice in participants' own practice

The course is delivered through six weekly sessions of three and a half hours (including a break).

Tutor:

Chris Denmark (Edinburgh Psychology Centre)

Entrance Requirements:

Open to counsellors and psychotherapists (qualified or in Diploma training).

Cost

£590

Dates and Times:

April to May 2012.
Fridays, 9.30am to 1pm
on the following six dates:
20 April to 25 May 2012

Application Closing Date:

30 March 2012

Living in the Aftermath of Death: An Introduction to Counselling Approaches to Bereavement

Bereavement and grieving are an integral part of living that make significant demands on personal resources and resilience. This course provides a comprehensive introduction to theory and practice for people who are counselling practitioners or who are working in the field of bereavement and loss. The course explores grief and bereavement following recent, previous and unresolved bereavement experiences. The course also looks at theoretical frameworks which describe and work with expected, prolonged and complicated grief. It also considers the impact of this work on the practitioner.

The course is delivered through eight weekly sessions of three and a half hours (including a break).

Tutors:

Martha Emeleus and
Connie Johnson

Entrance Requirements:

Open to counsellors and psychotherapists (qualified or in training) or professionals working with people who have been bereaved. NB: this course is not suitable for people who have been recently bereaved.

Cost

£590

Dates and Times:

January to March 2012.

Thursdays, 2.00pm to 5.30pm, on the following eight dates:

19 January to 15 March 2012
(with a break on 16 February).

Application Closing Date:

4th January 2012

Sexualities and Genders in Counselling and Psychotherapy

Sex, gender and sexuality have long been of interest to theorists and practitioners. This course provides a critical examination of sex, sexualities and genders in relation to counselling theories and practices. It examines the historical development of scientific and therapeutic perspectives on gender, sexuality and sexual orientation; considering the relevance of these perspectives for therapeutic practice. Topics include: models for understanding sex, gender, sexuality and sexual orientation; key philosophical concepts; an introduction to psychosexual work with sexual dysfunctions; sexual orientations in the counselling room; and work with transgender and intersex clients. Participants consider the values which impact on their therapeutic work with sexuality, sexual orientation and gender.

The course is delivered through eight weekly sessions of three hours (including a break).

Tutor:
Angie Fee

Entrance Requirements:
Open to counsellors and psychotherapists (qualified or in training).

Cost
£590

Dates and Times:
January to March 2012.
Fridays 10.00am to 1.00pm
on the following eight dates:
20 January to 9 March 2012.

Application Closing Date:
6th January 2012

What Passes Between Us

This course enables participants to become more aware of the quality of their presence within the therapeutic relationship. It explores a subtle level of communication that impacts on every interaction. Yet it is often overlooked, rarely discussed, and almost never written about. Awareness of quality of presence enables us to be appropriately available for working at relational depth, to avoid being inadvertently invasive or too distant and to untangle elusive misunderstandings. The course is highly experiential and is intended to be of personal as well as professional benefit.

Tutor:

Rose Cameron

Entrance Requirements:

Open to counsellors and psychotherapists (qualified or in training). Applicants from other relevant backgrounds will be considered.

Cost

£590

Dates and Times:

October to November 2011.
Tuesdays, 2.00pm to 5.00pm,
on the following eight dates:
4 October to 22 November
2011.

Application Closing Date:

20 September 2011

Between Counselling and Research 1: Issues, Approaches, and Debates

This course provides participants with an overview of key approaches to research relevant to counselling and related practices. It provides a useful starting point for practitioners and trainees who are new to concepts of research and who are looking to develop a meaningful understanding of research which they can apply to their practice. Emphasis is given to the relevance of a variety of disciplinary perspectives, to the distinction between 'insider' and 'outsider' perspectives, and to the relationship between research and reflective counselling practice. Topics include: how we define evidence in counselling research; the epistemological basis for qualitative and quantitative approaches to research; ethical issues in research on counselling; case study research; power, values and the politics of research knowledge; and researcher reflexivity.

The course is delivered through 10 weekly lectures of one hour and eight weekly seminars of two hours.

Tutors:

Liz Bondi and Seamus Prior

Entrance Requirements:

A qualification in counselling, psychotherapy or equivalent OR training in counselling or psychotherapy OR a particular interest in research in counselling and psychotherapy.

Cost

£590

Dates and Times:

September to November 2011.

Wednesdays, 10am to 11am, on the following 10 dates:

21 September to 23 November 2011. Sessions 2-9 (28 September to 16 November) include an additional two hour tutorial from 11am to 1pm.

Application Closing Date:

7 September 2011

Degree Programmes for Practitioners

In addition to CPD courses and events, we provide a range of degree programmes for qualified and experienced practitioners who wish to extend their knowledge and training.

The MSc in Counselling Studies (Continuing Professional Practice)

The MSc in Counselling Studies (Continuing Professional Practice) is for experienced practitioners seeking to upgrade their skills and qualifications.

This degree enables participants to:

- extend and deepen their therapeutic practice through engagement with research and theory in counselling and psychotherapy;
- work with other experienced practitioners and tutors in practice-based seminars;
- broaden knowledge of research in counselling, including the capacity to analyse and evaluate different methodologies;
- apply and integrate research knowledge to practice with clients.

The MSc in Counselling (Continuing Professional Practice) consists of three parts:

1. three core courses: Between Counselling and Research 1, Practice Seminar in Counselling and Psychotherapy, and Continuing Professional Practice in Counselling and Psychotherapy (20 credits each);
2. three optional courses from this booklet and/or courses from other relevant subject areas within the University (20 credits each);
3. the Masters dissertation (60 credits).

Participants may have the opportunity to take the COSCA-validated Certificate in Counselling Supervision as part of the degree, if this course is running.

Participants who undertake one or more relevant CPD courses for academic credit may transfer credits already gained to this degree. There is a time limit of five years on such transfers of credit.

Entrance requirements:

Prospective applicants who hold first degrees in any subject and who are accredited counsellors or eligible for accreditation are welcome to apply.

Accredited counsellors and psychotherapists who do not hold first degrees but who can demonstrate their potential to work at postgraduate level are also encouraged to apply.

Cost:

Fees for degree programmes can be found on the University website: www.ed.ac.uk/schools-departments/student-funding/tuition-fees/postgraduate

Applications:

Application for this degree is through the University of Edinburgh online application system (EUCLID): <http://www.ed.ac.uk/studying/postgraduate/finder/details.php?id=132>

Further Information:

Further information and course details, including entrance requirements and the application process can be found our website: <http://www.ed.ac.uk/schools-departments/health/counselling/>

MSc by Research in Counselling Studies

The MSc by Research in Counselling Studies offers qualified practitioners and social science researchers training in developing research skills in the field of counselling and psychotherapy. It aims to provide participants with an understanding of design, data collection and data analysis in counselling research.

The programme enables participants to develop their understanding of relevant debates about research, evidence and practice. Fostering the development of critical reflection, the programme enables participants to contribute to the knowledge and evidence base of counselling and psychotherapy.

Participants complete a programme of research training courses and submit a dissertation on an approved topic. The degree may be taken as a free-standing MSc or as a foundation for PhD study.

Entrance requirements:

- an undergraduate degree or equivalent in social science, psychology or health studies
OR
- an undergraduate degree (or equivalent) in any subject and a professional qualification in counselling or psychotherapy.

Cost:

Fees for degree programmes can be found on the University website: www.ed.ac.uk/schools-departments/student-funding/tuition-fees/postgraduate

Applications:

Application for this degree is through the University of Edinburgh online application system (EUCLID): <http://www.ed.ac.uk/studying/postgraduate/finder/details.php?id=383>

Further Information:

Further information and course details, including entrance requirements and application process can be found on our website: <http://www.ed.ac.uk/schools-departments/health/counselling/>

PhD / MPhil Degrees

Prospective participants are welcome to discuss opportunities for developing PhD/MPhil research projects with Liz Bondi (Programme Director). MPhil and PhD research opportunities may involve collaboration with colleagues in other social science disciplines. The research interests of the Counselling and Psychotherapy team are detailed on the website:

<http://www.health.ed.ac.uk/counsellingstudies/staff/index.htm>

Contact:

Liz Bondi (Programme Director)

Tel: 0131 650 2529

Email: liz.bondi@ed.ac.uk

Cost:

Fees for degree programmes can be found on the University website: www.ed.ac.uk/schools-departments/student-funding/tuition-fees/postgraduate

Applications:

Application for this degree is through the University of Edinburgh online application system (EUCLID): <http://www.ed.ac.uk/studying/postgraduate/finder/details.php?id=330>

Further Information:

Further information and course details, including entrance requirements and application process can be found on our website: <http://www.ed.ac.uk/schools-departments/health/counselling/>



Contact Information

For further information about applying for CPD courses, please contact the CPD Course Secretary:

Sue Larsen

Tel: 0131 651 6671

Email: sue.larsen@ed.ac.uk

For further information about the content of CPD courses or to enquire whether a course is suitable for you, please contact the CPD Programme Director:

Craig Hutchison

Tel: 0131 650 3885

Email: craig.hutchison@ed.ac.uk

For further information on Masters, PhD and MPhil degrees, please contact the Programme Director:

Liz Bondi (Programme Director)

Tel: 0131 650 2529

Email: liz.bondi@ed.ac.uk

Further information about CPD courses and MSc programmes in Counselling and