

## Training and careers in counselling and psychotherapy

Edited by Information Service Editorial Board

### What are counselling and psychotherapy?

Counselling and psychotherapy are often described as ‘talking therapies’ and involve a contractual arrangement between the therapist and the client where they meet, in privacy and confidence, to explore a difficulty or distress the client may be experiencing. Therapy should always be at the request of the client and no-one should be sent.

### What is the difference between counselling and psychotherapy?

It is not possible to make a generally-accepted distinction between counselling and psychotherapy. Any differences seem to relate most to the individual practitioner’s training and interests and the setting in which they work. It is generally perceived that psychotherapy training takes longer than counselling training. However, BACP now uses the same criteria for counsellor and psychotherapist accreditation (see *Appendix 1 – BACP Counsellor/Psychotherapist Accreditation Scheme*).

### How can I become a counsellor/psychotherapist?

It is a good idea to do a taster course before making the commitment to full counsellor/psychotherapist training. These courses generally don’t meet the full training required for BACP Counsellor/Psychotherapist Accreditation (*Appendix 1*) but can show trainees what to expect in more advanced courses. They can usually be found in local colleges of further education and, for those who decide to pursue the training further, the next step would be a certificate which could lead on to a diploma.

### How can I find a good course?

BACP has accredited a number of practitioner training courses which, on successful completion, fulfill the training component for Counsellor/Psychotherapist Accreditation with BACP. These courses meet the criteria for course accreditation as detailed in the BACP publication, *Accreditation of Training Courses*, and the course provider has to be an Organisational Member of BACP. This means that the organisation is bound by the BACP *Ethical Framework for Good Practice in Counselling and Psychotherapy* and subject to BACP’s Professional Conduct Procedure (see *Appendix 2* for list of Accredited Courses).

### When I’ve done an Accredited Course, will I be accredited?

No, you will still have to meet the other criteria which include 450 hours of supervised practice and the reflective practice criteria (*Appendix 1*).

### What does ‘supervised practice’ mean?

All members of BACP are required to have regular supervision (consultative support). For Counsellor/Psychotherapist Accreditation purposes (i.e. working towards and remaining accredited), 1.5 hours of supervision per month is required as an absolute minimum. Trainees should consult BACP Information Sheets about supervision and trainee placements.

### When can I join BACP?

BACP has a Student Membership category which is available to those undertaking a Counsellor/Psychotherapist course of

BACP House  
15 St John’s Business Park  
Lutterworth LE17 4HB

t: 01455 883300  
f: 01455 550243  
e: [bacp@bacp.co.uk](mailto:bacp@bacp.co.uk)  
w: [www.bacp.co.uk](http://www.bacp.co.uk)

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Registered in England & Wales.  
Registered Charity 298361

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at least one year full time or two years part time which includes a supervised placement.

## **Why should I join BACP?**

All Members of BACP are bound by the BACP *Ethical Framework for Good Practice in Counselling and Psychotherapy* which should help to protect clients. There are also numerous benefits to you including access to much additional free information on the website as well as access to a list of trainee placements. You will also receive a free subscription to *Therapy Today* and *CPR* (the BACP Journals) and have access to *CounsellingJobsOnline*, in the Members' part of our website.

## **Can anyone, who agrees to be bound by the Ethical Framework, be a Member of BACP?**

There are membership categories to suit everyone but, in order to become a practising member (and use the letters MBACP after your name) you will need to have completed a practitioner training, of at least one year full time or two years part time, which included a supervised placement.

## **Why will I need a trainee placement?**

As well as teaching skills development and theory in the classroom, courses suitable for the training component of individual accreditation (see *Appendix 1*, Routes 4.1 and 4.2) require trainees to undertake supervised practice in a placement. In that placement (or counselling organisation) best practice would suggest that there should also be at least one other, more experienced, counsellor who can make sure that the level of skill of the trainee is appropriate to the issues of the client being referred. It is important that BACP Members work within their own competence and so trainees need someone to whom they can refer. Clients should be told when they are being offered a trainee.

## **Will I be able to practise when I've completed a certificate,..... diploma?**

There are no laws in the UK regarding counselling and psychotherapy but BACP would recommend that, in order to practise, you should have completed an appropriate diploma, which required a supervised placement, and prospective employers are more likely to choose BACP Accredited Members. You will usually need a counselling skills certificate, of approximately 100 hours, in order to access a diploma.

## **What is a BACP Accredited Member?**

A BACP Accredited Member is someone who has successfully completed an application for their own accreditation. They can use the letters MBACP (Accred) after their name.

## **What is BACP Accreditation?**

BACP Counsellor/Psychotherapist Accreditation is a measure of experience as well as training for the individual and is the qualification preferred by many prospective employers. BACP Accredited Courses have met the criteria provided by BACP in the booklet '*Accreditation of Training Courses*' and are the only courses which the Association can recommend or approve.

## **What is the relationship between course accreditation and individual accreditation?**

A BACP Accredited Course completes the training component, route 4.1, of the BACP Counsellor/Psychotherapist Accreditation Scheme.

## **Can I become accredited without doing a BACP Accredited Course**

Yes; a successfully completed classroom-based course, which includes a supervised placement, can count towards the formal training requirement of your own accreditation, via route 4.2. Whichever training you choose, it should satisfy the training requirements of one of the routes within criterion 4 (see *Appendix 1*).

## **Can I train by distance learning?**

Counselling training requires both staff/student and student/student contact and therefore distance learning could contribute very little (if at all) to the training hours you need to become accredited.

## **Where do counsellors/psychotherapists work?**

Counsellors and psychotherapists may work in a variety of settings including schools, further and higher education establishments, organisations for people with disabilities, in the workplace, youth work, alcohol, drugs and AIDS agencies and the NHS, in both GP surgeries and hospitals. Some of these jobs may be part-time or full-time, and may include another role e.g. teacher, welfare worker, nurse.

## **So, do nurses and teachers need a counselling qualification?**

A lot of people working in these settings, as well as the customer service industries, benefit from counselling skills training. They would only need a certificate for this purpose but wouldn't consider themselves qualified to be a counsellor/psychotherapist. They would be eligible for the Associate Member category of BACP Membership. They would not be entitled to put MBACP after their name.

## **What about setting up my own business in counselling/psychotherapy?**

As a Member of BACP you will have access to a number of useful information sheets in the members' part of the website and you will be able to consider what premises to use and whether to do work for organisations on a self-employed basis. However, BACP suggests that you should wait until you are well-trained and experienced before working in Private Practice (i.e. be in the category which can use the letters MBACP).

## **Does BACP have a facility for advertising my services in Private Practice?**

When you have completed an appropriate training, you will be able to apply, and pay the fee, to go into BACP's *Counselling and Psychotherapy Resources Directory*. Your details will then appear on our website and in a printed version.

## **What if I just want to be a voluntary counsellor?**

There is no reason to suppose that a volunteer counsellor does not need to be as qualified as a paid one. Some voluntary organisations such as Relate

(relationship) and Cruse (bereavement) select and train their own volunteers but they will expect a commitment from you over several years. It is useful to have basic counselling skills training before offering your services. A lot of voluntary organisations need volunteers who can use counselling skills but, if they are looking for someone to offer counselling, a properly trained counsellor would be required. However, voluntary counselling services often provide placements for trainees in which case clients should be told that their therapist was a trainee and that it might be necessary to refer on clients who need a higher level of skill than that of the trainee.

## **Where can I volunteer?**

Sometimes volunteering can be a useful experience for prospective therapists, even if the organisation is unable to offer contracted counselling experience. The following organisations produce leaflets and a resource pack on various aspects of volunteering:

### **National Council for Voluntary Organisations**

Regent's Wharf, 8 All Saints Street, London N1 9RL  
tel 0207 713 6161, website [www.ncvo-vol.org.uk](http://www.ncvo-vol.org.uk)

### **The National Centre for Volunteering**

Regent's Wharf, 8 All Saint's Street, London NR1 9RL tel 0207 520 8900, website [www.volunteering.org.uk](http://www.volunteering.org.uk)

## **So, to sum up, what do I need to become a counsellor/psychotherapist?**

Competence in the practice of counselling and psychotherapy depends on:

- Knowledge of theory
- Grasp of practical skills
- Specific personal qualities

## Appendix 1

### *BACP Counsellor/Psychotherapist Accreditation Scheme – Criteria for application*

These criteria apply to those engaged in counselling/psychotherapy practice with individuals, couples, groups and families. **Applicants must satisfy ALL criteria below** (for Criterion 4 you need to satisfy only ONE option – *either 4.1 or 4.2 or 4.3*). For the purposes of this accreditation scheme, the word ‘practitioner’ in the criteria relates to working as a counsellor/psychotherapist.

#### *Eligibility criteria*

1. Is a member of BACP.  
Undertakes to remain so for the accreditation period.  
Undertakes to meet the requirements, as they arise, for the maintenance of accreditation.
2. Is covered by professional indemnity insurance.
3. Is in practice at the time of application.
4. **Training and supervised practice**

#### *Routes to accreditation*

##### **EITHER**

- 4.1 Has been awarded a qualification from a BACP Accredited Training Course

*and*

has had a minimum of 450 hours of supervised practice:  
of which a minimum of 150 hours must be subsequent to the completion of training;  
over a period of not less than three and not more than six years;  
supervised to a minimum of 1.5 hours per month.

##### **OR**

- 4.2 Has successfully completed practitioner training:
  - 4.2.1 of a minimum of 450 taught contact hours;
  - 4.2.2 over not less than two years part time or one year full time;
  - 4.2.3 in addition to the 450 taught hours had a supervised placement;
  - 4.2.4 included theory, skills, professional issues and personal development

*and*

Has had a minimum of 450 hours of supervised practice:

of which a minimum of 150 hours must be subsequent to the completion of training;  
over a period of not less than three and not more than six years;  
supervised to a minimum of 1.5 hours per month.

##### **OR**

#### 4.3 **Unit route**

Can provide evidence of a combination of 10 units of training and practice containing a minimum of two units of training and three units of practice.

*One training unit = 75 hours of completed practitioner training.*

*One practice unit = one 12 month period in which supervised practice was undertaken.*

At least three of the submitted practice units must have included at least 150 hours of supervised practice.

The last three submitted practice units must have been supervised to the level of one and a half hours per month.

Training should reflect the elements given in criterion 4.2.4, i.e. theory, skills, professional issues and personal development. (An S/NVQ Level III will count for four units of training.)

#### 5. **Supervision**

Has a contract for counselling/psychotherapy supervision for a minimum of one and a half hours per month for each month in which practice is undertaken.

#### *Reflective practice criteria*

#### 6. **Professional development**

- 6.1 Can describe your professional development activity, relevant to your area of work, in the year prior to application.
- 6.2 Can provide a rationale for the choice of the activity with reference to your practice.
- 6.3 Can demonstrate how the activity has influenced your practice.

#### 7. **Personal development**

- 7.1 Can describe an experience or activity which contributes to your self-awareness.
- 7.2 Can provide a rationale for the choice of the experience/activity.
- 7.3 Can demonstrate how such awareness is applied in your practice.

## 8. Knowledge, practice and the use of supervision

- 8.1 Can describe a rationale for client work underpinned by:
- 8.1.1 A coherent theoretical framework.
  - 8.1.2 A description of the place of self-awareness within the theoretical framework.
  - 8.1.3 An awareness of issues of difference and equality.
- 8.2 Can demonstrate practice consistent with the rationale described with reference to:
- 8.2.1 Your coherent theoretical framework.
  - 8.2.2 Your understanding of the importance of self-awareness in the therapeutic relationship.
  - 8.2.3 Your awareness of issues of difference and equality.
  - 8.2.4 Your compliance with the Association's *Ethical Framework for Good Practice in Counselling and Psychotherapy*.
- 8.3 Can describe how reflection in and on supervision influences practice by:
- 8.3.1 A description of your awareness gained through supervision.
  - 8.3.2 A demonstration of its application in your practice.

If you would like to apply, an application pack is available online at [www.bacp.co.uk](http://www.bacp.co.uk). If you would like a pack posted to you, please contact Professional Standards on 0870 443 5213 or [accreditation@bacp.co.uk](mailto:accreditation@bacp.co.uk) for details.

*BACP Professional Standards – January 2005*

## Appendix 2

### *BACP Accredited Training Courses*

The sections are sorted by county, then training institution.

The accreditation is awarded to the *training course* rather than to the training institution itself. If a course title differs from that given here, it may not be the BACP accredited course. The award or certificate should state that the course is BACP accredited (or this can be confirmed in an official letter from the institution). This shows that a student has completed *all* aspects of the course accredited by BACP.

The date given in brackets is the date from which the course was accredited. Persons successfully completing the course after this date may claim to have completed a BACP accredited course.

## ENGLAND

### LONDON

#### **Birkbeck College**

School of Psychology, Malet Street, London, WC1E 7HX

Tel: 020 7631 6535 [www.psyc.bbk.ac.uk](http://www.psyc.bbk.ac.uk)

MSc in Psychodynamic Counselling (*October 1999*)

MSc in Psychodynamic Counselling with Children and Adolescents (*March 2005*)

#### **Centre for Counselling & Psychotherapy Education**

Beauchamp Lodge, 2 Warwick Crescent, W2 6NE

Tel: 020 7266 3006 [www.ccpe.org.uk](http://www.ccpe.org.uk)

Diploma in Counselling & Psychotherapy (*March 1991*)

#### **CPPD (UK) Ltd**

3 Palace Gates, The Campsbourne, Hornsey, N8 2PN

Tel: 020 8341 4843 [www.cppd.co.uk](http://www.cppd.co.uk)

Advanced Diploma (Professional Training) in Humanistic Integrative Counselling (*November 1999*)

#### **College of North East London**

Tottenham Green Centre, Town Hall Approach Road, London N15 4RX

Tel: 020 8442 3096 [www.conel.ac.uk](http://www.conel.ac.uk)

Diploma in Counselling (*June 1998*)

#### **Gestalt Centre, London**

First Floor, 62 Paul Street, London EC2A 4NA

Tel: 020 7613 4480 [www.gestaltcentre.co.uk](http://www.gestaltcentre.co.uk)

Diploma in Counselling (*February 1997*)

#### **Highgate Counselling Centre**

Tetherdown Halls, Tetherdown, Muswell Hill, N10 1ND

Tel: 020 8883 5427 / 020 8883 5428

Diploma in Psychodynamic Counselling (*February 1995*)

#### **Lewisham College**

Lewisham Way, London SE4 1UT

Tel: 020 8692 0353 / 020 8694 3240

[www.lewisham.ac.uk](http://www.lewisham.ac.uk)

C&G Higher Diploma in Counselling, formerly Diploma in Person-Centred Counselling (*November 1997*)

#### **Manor House Centre for Psychotherapy & Counselling**

80 East End Road, Finchley N3 2SY

Tel: 020 8371 0180 [www.manorhousecentre.org.uk](http://www.manorhousecentre.org.uk)

Diploma in Psychodynamic Counselling and Therapy in the Community (*June 2007*)

#### **Mary Ward Centre**

42 Queen Square, London WC1N 3AQ

Tel: 020 7269 6000 [www.marywardcentre.ac.uk](http://www.marywardcentre.ac.uk)

Professional Diploma in Integrative Counselling (*May 2005*)

## Metanoia

13 North Common Road, Ealing, W5 2QB  
Tel: 020 8579 2505 [www.metanoia.ac.uk](http://www.metanoia.ac.uk)  
Diploma in Person Centred Counselling (April 1991)  
Diploma in Counselling using Transactional Analysis (May 2001)

## Minster Centre

20 Lonsdale Road, Queens Park, London NW6 6RD  
Tel: 020 7644 6240 [www.minstercentre.co.uk](http://www.minstercentre.co.uk)  
Diploma in Integrative Counselling / Diploma in Integrative Psychotherapy (April 1993)

## Psychosynthesis & Education Trust

92/94 Tooley Street, London Bridge, SE1 2TH  
Tel: 020 7403 2100 [www.psychosynthesis.edu](http://www.psychosynthesis.edu)  
Graduate Certificate in Psychosynthesis Foundations and PG Diploma Psychosynthesis Counselling (June 1989)

## Relate London

c/o Relate Institute, University Centre Doncaster, High Melton Campus, Doncaster DN5 7SZ  
Tel: 01302 553915 [www.relateinstitute.ac.uk](http://www.relateinstitute.ac.uk)  
Postgraduate Diploma in Couple Therapy (November 2005)

## Re-Vision

97 Brondesbury Road, London NW6 6RY  
Tel: 020 8357 8881 [www.re-vision.org.uk](http://www.re-vision.org.uk)  
Diploma in Integrative Psychosynthesis (May 1994)

## Tavistock Centre for Couple Relationships

120 Belsize Lane, London, NW3 5BA  
Tel: 020 7447 3824  
[www.counselling4london.com/training.htm](http://www.counselling4london.com/training.htm)  
Postgraduate Diploma in Psychodynamic Marital and Couple Therapy (January 2005)  
*Change of course title Sept 2006: Postgraduate Diploma in Psychodynamic Couple Counselling*

## Thames Valley University

(EISS)  
St Mary's Road, London W5 5RF  
Tel: 020 8579 5000 [www.tvu.ac.uk](http://www.tvu.ac.uk)  
Post Graduate Diploma in Counselling (Dec 1998)

## University of East London

Dept of Psychology, Romford Road, E15 4LZ  
Tel: 020 8590 7722 [www.uel.ac.uk/psychology](http://www.uel.ac.uk/psychology)  
PG Diploma in Counselling and Psychotherapy (Integrative) (October 1989)

## University of Greenwich

Dept of Psychology and Counselling, Avery Hill Campus, Avery Hill Road, Eltham, London, SE9 2UG  
Tel: 020 8331 8032 [www.gre.ac.uk](http://www.gre.ac.uk)  
MSc in Therapeutic Counselling (May 2003)

## WPF Counselling & Psychotherapy (Westminster Pastoral Foundation)

23 Kensington Square, W8 5HN  
Tel: 020 7361 4844 [www.wpf.org.uk](http://www.wpf.org.uk)  
Postgraduate Diploma in Psychodynamic Counselling (February 1989)

## BATH AND NORTH EAST SOMERSET

### Bath Centre for Psychotherapy & Counselling

1 Walcot Terrace, London Road, Bath, BA1 6AB  
Tel: 01225 429720 [www.bcpc.org.uk](http://www.bcpc.org.uk)  
Diploma in Humanistic & Integrative Counselling (June 1994)

## BRISTOL

### Bristol University

Graduate School of Education, 8–10 Berkley Square, Clifton, Bristol, BS8 1HH  
Tel: 0117 928 7162 [www.bris.ac.uk](http://www.bris.ac.uk)  
Diploma in Counselling (November 1990)  
Diploma in Counselling (Organisational Settings) (November 1997)

### Relate Bristol

c/o Relate Institute, University Centre Doncaster, High Melton Campus, Doncaster DN5 7SZ  
Tel: 01302 553915 [www.relateinstitute.ac.uk](http://www.relateinstitute.ac.uk)  
Postgraduate Diploma in Couple Therapy (March 2007)

### University of the West of England

Faculty of Applied Sciences, University of the West of England, Frenchay Campus, Coldharbour Lane, Bristol, BS16 1QY  
Tel: 0117 965 6261 [www.uwe.ac.uk](http://www.uwe.ac.uk)  
Diploma in Professional Studies – Counselling (May 1998)

## BERKSHIRE

### University of Reading

School of Health and Social Care, Faculty of Economic and Social Sciences, Bulmershe Court, Woodlands Avenue, Reading, RG6 1HY  
Tel: 0118 931 8848 [www.rdg.ac.uk](http://www.rdg.ac.uk)  
Postgraduate Diploma in Counselling (March 1995)

## CAMBRIDGESHIRE

### University of Cambridge, Institute of Continuing Education

Madingley Hall, Madingley, Cambridge, CB3 8AQ  
Tel: 01954 280280 [www.cont-ed.cam.ac.uk](http://www.cont-ed.cam.ac.uk)  
The Three Year Training in Counselling (February 1994)

## CHESHIRE

**University of Chester**  
 Parkgate Road, Chester, CH1 4BJ  
 Tel: 01244 375444 [www.chester.ac.uk](http://www.chester.ac.uk)  
 Post-Graduate/Advanced Diploma in Advanced Studies  
 in Counselling (March 1998)

## CLEVELAND

**The Northern Guild of Psychotherapy**  
 (incorporating Stockton Centre of Psychotherapy &  
 Counselling)  
 (formerly Stockton Psychotherapy Training Institute)  
 77 Acklam Road, Stockton on Tees, TS17 7BD  
 Tel: 01642 649004 [www.northern-guild.co.uk](http://www.northern-guild.co.uk)  
 Diploma in Therapeutic Counselling (June 1991)

## CORNWALL

**Cornwall College, Camborne**  
 Penhaligon Building, Trevenson Lane, Pool, Redruth,  
 TR15 3RD  
 Tel: 01209 616263 [www.cornwall.ac.uk](http://www.cornwall.ac.uk)  
 Diploma in Person-centred Counselling & Therapy  
 (March 2000)

## CUMBRIA

**University of Cumbria (Carlisle Campus)**  
 formerly St Martin's College  
 Department of Applied Social Sciences, Lancaster,  
 LA1 3JD  
 Tel: 01524 384384 [www.ucsm.ac.uk](http://www.ucsm.ac.uk)  
 Diploma (HE) in Counselling (June 1999) (also run at  
 Lancaster Campus)

## DERBYSHIRE

**University of Derby**  
 Clinical Skills Suite, Kedleston Road, Derby, DE22 1GB  
 Tel: 01332 592326 [www.derby.ac.uk](http://www.derby.ac.uk)  
 MA in Integrative Counselling Practice (January 2001)

## DEVON

**Iron Mill Institute (formerly Iron Mill Centre)**  
 Hems Studio, 86 Longbrook Street, Exeter, EX4 6AP  
 Tel: 01392 219200 [www.ironmill.info](http://www.ironmill.info)  
 Advanced Diploma in Counselling (Integrative)  
 (June 1998)

## ESSEX

**Anglia Ruskin University**  
 Rivermead Site, Bishop's Hall Lane, Chelmsford, CM2 6DF  
 Tel: 01245 493131 [www.apu.ac.uk](http://www.apu.ac.uk)  
 Diploma HE in Therapeutic Counselling (September 2006)

**Braintree College**  
 Church Lane, Braintree, CM7 5SN  
 Tel: 01376 321711 [www.braintree.ac.uk](http://www.braintree.ac.uk)  
 Diploma in Counselling (incorporating Certificate in  
 Counselling Skills) (February 2002)

**Chelmsford Counselling Foundation**  
 (formerly Writtle Pastoral Foundation)  
 42 Cedar Avenue, Chelmsford, CM1 2QH  
 Tel: 01245 284890 [www.chelmsfordcounselling.org.uk](http://www.chelmsfordcounselling.org.uk)  
 Diploma in Psychodynamic Counselling (May 1999)

**Colchester Institute**  
 Sheepen Road, Colchester, CO3 3LL  
 Tel: 01206 518000 [www.colchester.ac.uk](http://www.colchester.ac.uk)  
 Diploma in Professional Studies: Person-centred  
 Counselling (December 1991)  
 Diploma of Higher Education: Person-centred  
 Counselling (September 2006)

**Havering College of HE and FE**  
 Dept of Social Services, Quarles Campus, Tring  
 Gardens, Harold Hill, Romford, RM3 9ES  
 Tel: 01708 462763 [www.havering-college.ac.uk](http://www.havering-college.ac.uk)  
 Diploma in HE in Person-centred Counselling  
 (March 2000)

**LIFE-FORCE Centre**  
 3 East Hill, Colchester, CO1 2QL  
 Tel: 01206 791661 [www.lifeforce-centre.co.uk](http://www.lifeforce-centre.co.uk)  
 Diploma in Integrative Counselling (February 2005)

## GREATER MANCHESTER

**Manchester College of Arts and Technology**  
 Moston Campus, Ashley Lane, M9 4WU  
 Tel: 0161 953 5995 [www.mancat.ac.uk](http://www.mancat.ac.uk)  
 Diploma in Counselling (October 1999)

**Person-Centred Counselling Services Training**  
 Paragon House, 66 Seymour Grove, Old Trafford,  
 Manchester, M16 0LN  
 Tel: 0161 877 9877 [www.pccstraining.org.uk](http://www.pccstraining.org.uk)  
 Diploma in Person-Centred Counselling (July 1997)

**Relate Manchester**  
 c/o Relate Institute, University Centre Doncaster, High  
 Melton Campus, Doncaster DN5 7SZ  
 Tel: 01302 553915 [www.relateinstitute.ac.uk](http://www.relateinstitute.ac.uk)  
 Postgraduate Diploma in Couple Therapy (October 2005)

## University of Manchester

Centre for Educational Needs, Faculty of Education,  
Manchester, M13 9PL  
Tel: 0161 275 3307 [www.man.ac.uk](http://www.man.ac.uk)  
Advanced Diploma in Counselling/MA (Part I)  
(December 1992)

## University of Salford

Frederick Road, Salford, M6 6PU  
Tel: 0161 295 5000 [www.salford.ac.uk](http://www.salford.ac.uk)  
Diploma in Counselling (February 1996)

## Wigan & Leigh College

PO Box 53, Parsons Walk, Wigan, WN1 1RS  
Tel: 01942 761600 [www.wigan-leigh.ac.uk](http://www.wigan-leigh.ac.uk)  
Advanced Diploma in Counselling (part time) (Sep 1991)

## HAMPSHIRE

### Peter Symonds' College

ACE Centre, Stoney Lane, Weeke, Winchester, SO22 6DR  
Tel: 01962 886166 [www.psc.ac.uk](http://www.psc.ac.uk)  
Diploma in Humanistic Counselling based on  
Transactional Analysis (May 2000)

### Southampton Counselling Ltd

Union Road, Northam, Southampton, SO14 0PT  
Tel: 023 8063 9966 [www.southamptoncounselling.org](http://www.southamptoncounselling.org)  
Diploma in Psychodynamic Counselling (March 2001)

### University of Southampton

New College, The Avenue, Southampton, SO17 1BG  
Tel: 023 8059 7531 [www.soton.ac.uk](http://www.soton.ac.uk)  
Diploma in Higher Education: Counselling (May 2004)

## HERTFORDSHIRE

### Herts and Beds Pastoral Foundation

1 College Yard, Lower Dagnall Street, St Albans,  
AL3 4PA  
Tel: 01727 868585  
Diploma/Advanced Diploma in Psychodynamic  
Counselling (May 2001)

### University of Hertfordshire

School of Health/Human Science, College Lane,  
Hatfield, Herts, AL10 9AB  
Tel: 01707 284000 [www.herts.ac.uk](http://www.herts.ac.uk)  
Post Graduate Diploma in Contemporary Therapeutic  
Counselling (September 2006)

## KENT

### Bromley College

Old Town Hall, Tweedy Road, Bromley BR1 3PP  
Tel: 020 8295 7060 [www.bromley.ac.uk](http://www.bromley.ac.uk)  
Higher National Diploma in Integrative Counselling  
(February 2000–June 2006)

Foundation Degree in Integrative Counselling (from  
June 2006)

### The Counselling Centre

St George's Centre, 7 Chilston Road, Tunbridge Wells,  
TN4 9LP  
Tel: 01892 548750  
Diploma in Psychodynamic Counselling  
(October 2004)

### Inter-Psyche

Holy Trinity Resource Centre, High Street, Dartford,  
Kent DA1 1DE  
Tel: 01322 229357 [www.inter-psyche.co.uk](http://www.inter-psyche.co.uk)  
Inter-Psyche Diploma in Counselling (May 1997)

### West Kent College

Faculty of Services to People, Brook Street, Tonbridge,  
TN9 2PW  
Tel: 01732 358101 [www.wkc.ac.uk](http://www.wkc.ac.uk)  
Advanced Diploma in Humanistic Counselling  
(March 1998)

## LANCASHIRE

### Preston College

Fulwood Campus, Fulwood, Preston, PR2 8UR  
Tel: 01772 225000 [www.preston.ac.uk](http://www.preston.ac.uk)  
Advanced Diploma in Person-Centred Counselling  
(November 2002)

### Runshaw College

Euxton Lane Centre, Euxton Lane, Chorley PR7 6AD  
Tel: 01772 642040 [www.runshaw.ac.uk](http://www.runshaw.ac.uk)  
Diploma in Therapeutic Counselling (December 2006)

### University of Cumbria

formerly St Martin's College (Lancaster Campus)  
Department of Applied Social Sciences, Lancaster,  
LA1 3JD  
Tel: 01524 384384 [www.ucsm.ac.uk](http://www.ucsm.ac.uk)  
Diploma (HE) in Counselling (June 1999) (also run at  
Carlisle Campus)

### University of Central Lancashire

School of Health and Post Graduate Medicine,  
University of Central Lancashire, Preston, PR1 2HE  
Tel: 01772 892790 [www.uclan.ac.uk](http://www.uclan.ac.uk)  
Graduate Diploma in Professional Counselling (May 2005)

## LEICESTERSHIRE

### University of Leicester

Vaughan College, St Nicholas' Circle, Leicester, LE1 4LB  
Tel: 0116 251 7368  
[www.le.ac.uk/lifelonglearning/counselling](http://www.le.ac.uk/lifelonglearning/counselling)  
Post-Graduate Diploma in Psychodynamic Counselling  
(November 1999)

## MERSEYSIDE

### COMPASS

25 Hope Street, Liverpool, L1 9BQ  
Tel: 0151 708 6688 [www.compass-counselling.org.uk](http://www.compass-counselling.org.uk)  
COMPASS Diploma in Counselling (Relational Model)  
(January 1998)

### Liverpool John Moores University

School of Applied Social Sciences, Henry Cotton  
Campus, Webster Street, Liverpool, L3 2ET  
Tel: 0151 231 4239 [www.livjm.ac.uk](http://www.livjm.ac.uk)  
Postgraduate Diploma in Counselling/Psychotherapy  
(May 2000)

## NORFOLK

### University of East Anglia

Norwich, NR4 7TJ  
Tel: 01603 592651 [www.uea.ac.uk/dos/couns](http://www.uea.ac.uk/dos/couns)  
Post-Graduate Diploma in Counselling (June 1996)

## NOTTINGHAMSHIRE

### Sherwood Psychotherapy Training Institute

Thiskney House, 2 James Terrace, Nottingham  
NG1 6FW  
Tel: 0115 924 3994 [www.spti.net](http://www.spti.net)  
Diploma in Humanistic Person-Centred Counselling and  
Psychotherapy (March 1995)

## SURREY

### Guildford College of Further and Higher Education

Stoke Park, Guildford, GU1 1EZ  
Tel: 01483 448500 [www.guildford.ac.uk](http://www.guildford.ac.uk)  
Foundation Degree (FdA) in Counselling (Integrative  
Route) (May 2007)  
Foundation Degree (FdA) in Counselling (Humanistic  
Route) (September 2007)

### Kingston College

Kingston Hall Road, Kingston upon Thames, KT1 2AQ  
Tel: 020 8268 3031 [www.kingston-college.ac.uk](http://www.kingston-college.ac.uk)  
Advanced Diploma in Integrative Counselling (May 1999)

## NESCOT

Reigate Road, Ewell, Epsom, KT17 3DS  
Tel: 020 8394 1731 [www.nescot.ac.uk](http://www.nescot.ac.uk)  
Diploma in Psychodynamic Counselling (November 1997)

## SUSSEX

### APAC Ltd (Academy of Play and Child Psychotherapy)

Fern Hill Centre, Fairwarp, TN22 3BU  
Tel: 01825 712312 [www.playtherapy.org.uk](http://www.playtherapy.org.uk)  
Diploma in Play Therapy (May 2005)

### Chichester Counselling Services

32 Little London, Chichester, PO19 1PL  
Tel: 01243 789200  
[www.chichester-counselling-services.com](http://www.chichester-counselling-services.com)  
Diploma in Psychodynamic Counselling (June 1994)

### Sussex Downs College (Eastbourne and Lewes Campuses)

Mountfield Road, Lewes, BN7 2XH  
Tel: 01273 483188 [www.sussexdowns.ac.uk](http://www.sussexdowns.ac.uk)  
Foundation Degree in Person-centred Counselling  
(November 2006)

### University of Chichester

Bishop Otter Campus, College Lane, Chichester,  
PO19 4PE  
Tel: 01243 816000 ext. 6284 [www.ucc.ac.uk](http://www.ucc.ac.uk)  
BA (Hons) in Humanistic Counselling (June 1998)

### University of Brighton

School of Applied Social Science, Falmer, Brighton,  
BN1 9PH  
Tel: 01273 600900 [www.brighton.ac.uk](http://www.brighton.ac.uk)  
Postgraduate Diploma in Psychodynamic Counselling  
(previously delivered at University of Sussex)  
(September 2004)  
Postgraduate Diploma in Person-centred Counselling  
(May 2007)

### Wealden College

2 Quarry View, Whitehill Road, Crowborough,  
TN6 1JT  
Tel: 01892 655195 [www.wealdeninstitute.co.uk](http://www.wealdeninstitute.co.uk)  
Diploma in Counselling (December 1994)

## TYNE & WEAR

### Northern Guild for Psychotherapy

83 Jesmond Road, Newcastle-upon-Tyne  
Tel: 0191 209 8383 [www.northern-guild.co.uk](http://www.northern-guild.co.uk)  
Diploma in Therapeutic Counselling (June 1991)

## WEST MIDLANDS

### University of Birmingham

School of Continuing Studies, Edgbaston, Birmingham  
B15 2TT  
Tel: 0121 414 5593 [www.homepage.bham.ac.uk](http://www.homepage.bham.ac.uk)  
MA/PG Dip/BPhil in Psychodynamic Counselling  
(May 1994)

### University of Warwick

Centre for Lifelong Learning, Coventry CV4 7AL  
Tel: 024 7652 3831 [www.warwick.ac.uk](http://www.warwick.ac.uk)  
Diploma in Person-Centred (Rogerian) Counselling &  
Psychotherapy (May 2006)

## YORKSHIRE

### Leeds Metropolitan University

Civic Quarter, Leeds, LS1 3HE

Tel: 0131 283 2600 [www.lmu.ac.uk](http://www.lmu.ac.uk)

Diploma in H/E Therapeutic Counselling (September 2005)

*Previously delivered at Park Lane College (December 1996–September 2005)*

### Relate Institute

University Centre Doncaster, High Melton Campus, Doncaster DN5 7SZ

Tel: 01302 553915 [www.relateinstitute.ac.uk](http://www.relateinstitute.ac.uk)

*Contact address only for courses in London, Manchester and Bristol*

### Sheffield Hallam University

Counselling Studies Unit, School of Education, Collegiate Crescent Campus, Sheffield, S10 2BP

Tel: 0114 225 2245 [www.shu.ac.uk](http://www.shu.ac.uk)

Diploma in Counselling (May 2004)

### York St. John University College

Individual & Organisation Development Studies

Lord Mayors Walk, York, YO3 7EX

Tel: Alison Perry, 01904 716675 [www.yorks.j.ac.uk](http://www.yorks.j.ac.uk)

Graduate Diploma in Counselling (September 1993)

## NORTHERN IRELAND

### Belfast Cognitive Therapy Centre

Contact Address: 39 Malone Road, Belfast, Northern Ireland, BT9 6RX

Tel: 028 9066 5570 [www.belfastcentre.com](http://www.belfastcentre.com)

Diploma in Cognitive Therapy (October 2001)

### CPPD Derry

c/o CPPD (UK) Ltd 3 Palace Gates, The Campsbourne, Hornsey, N8 2PN

Tel: 020 8341 4843 [www.cppd.co.uk](http://www.cppd.co.uk)

Advanced Diploma (Professional Training) in Humanistic Integrative Counselling (April 2005)

## SCOTLAND

### College of Holistic Medicine

4 Craigmart, Glasgow, G31 2NA

Tel: 0141 554 5808

Advanced Diploma in Therapeutic Counselling (February 2004)

### Persona Development and Training

St Helen's Centre, 7 West Coates, Edinburgh, EH12 5JG

Tel: 0131 347 1512 [www.personacounselling.com](http://www.personacounselling.com)

Diploma Programme in Person Centred Counselling (May 2000)

### The Peter Bowes Consultancy

92 Broomfield Crescent, Edinburgh, EH12 7LX

Tel: 0131 334 6412 [www.peterbowes.net](http://www.peterbowes.net)

Postgraduate Diploma in Counselling (October 2002)

### University of Strathclyde

Jordanhill Counselling Unit, Faculty of Education,

Jordanhill Campus, Southbrae Drive, Glasgow G13 1PP

Tel: 0141 950 3359 [www.strath.ac.uk/counsunit](http://www.strath.ac.uk/counsunit)

Postgraduate Diploma in Counselling (June 1994)

## WALES

### Barry College

Colcot Road, Barry, CF62 8YJ

Tel: general enquiries 01446 725000, course enquiries

01446 725007 [www.barry.ac.uk](http://www.barry.ac.uk)

Advanced Diploma in Therapeutic Counselling (Nov 2005)

### Coleg Sir Gâr

Ammanford, Carmarthenshire, SA18 3TA

Tel: 01554 748000 (Admissions) [www.colegsirgar.ac.uk](http://www.colegsirgar.ac.uk)

Advanced Certificate in Counselling Skills and

Professional Diploma in Counselling (April 2001)

### University of Wales, Newport

Allt-yr-yn Campus, Allt-yr-yn Avenue, Newport, NP20 5XR

Tel: 01633 432520 [www.newport.ac.uk](http://www.newport.ac.uk)

Post Graduate Diploma in Therapeutic Counselling (February 2000)

This list of Accredited courses was correct on the date at the end of this information sheet. The most recently updated list can be found at [www.bacp.co.uk/accreditation](http://www.bacp.co.uk/accreditation) or, by request, from the Information department at BACP.

*BACP Professional Standards – August 2007*

## August 2007

It should be noted that this Information Sheet offers broad guidance, which sets out industrial good practice, but it should not be substituted for legal and for other professional advice applicable to your particular circumstances.

The individuals and situations referred to in the Case study and Vignettes are fictitious, for illustrative purpose only, and the illustrations should not be regarded as authoritative in the given circumstances.

BACP is aware that law and practice are always in a process of development and change. If you have evidence that this Information Sheet is now inaccurate or out of date feel free to contact us. If you know of any impending changes that affect its content we would also be pleased to hear from you.