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Course Prospectus 2019

Diploma in Relationship Counselling

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**Relationships Scotland**

The Relationships Scotland Network provides Relationship Counselling, Family Mediation and Child Contact Centres and other family support services across mainland Scotland and the Scottish Isles. Our work supports individuals, couples and families experiencing relationship difficulties, separation and/or divorce. Around 45,000 people have contact with our services each year and over 17,000 go on to receive a face-to-face service.

**The Diploma in Relationship Counselling**

The Diploma in Relationship Counselling (DiRC) provides a professionally recognised integrative counselling diploma, training counsellors to work with individuals and couples.

The course integrates relationship, psychodynamic, systemic and adult sexuality theories:

Psychodynamic theories offer understanding of relationships through links between past and present experiences.

Systemic theories provide knowledge about the nature of relationships within the context of group structures.

A connecting theme throughout the course is the understanding of adult sexuality and development.

Counselling practice placements run concurrently from module two and embed theoretical concepts.

**Why train with Relationships Scotland?**

* We are the largest provider of relationship counselling training in Scotland.
* We have more than 60 years experience of counselling couples.
* We offer professional training in relationship counselling delivered by experienced, accredited counsellors and trainers.
* The Diploma in Relationship Counselling has professional validation from COSCA (Counselling and Psychotherapy in Scotland).
* The Diploma in Relationship Counselling has an academic credit rating of 120 credits awarded by Edinburgh Napier University at Level 9 SCQF (Scottish Credit and Qualifications Framework).
* Students are trained in generic counselling skills whilst retaining a relationship specialism.
* Training includes lectures/workshops from subject specific experts as well as Relationships Scotland’s core training team.
* The training is part-time mainly on weekends and is modular in format to maximise flexible participation.
* We have 21 member services and 15 provide counselling practice placements for students. See list on page 8.
* Successful students will receive registration as a Relationship Counsellor within Relationships Scotland.
* Training takes place at our main office in central Edinburgh, which is easily accessible by public transport.
* Students who train with Relationship Scotland are qualified to find employment within a variety of counseling settings including further education, the voluntary sector and the NHS.
* The course is competitively priced and fees can be paid flexibly on a monthly or modular basis.

**The Aims of the Diploma in Relationship Counselling**

The course content is based on the following aspects:

* the importance of becoming a reflective practitioner who has a balance of theoretical understanding, practical skills and self-awareness
* the creation of a learning environment in which students can achieve the highest possible standards
* adult learners bring with them rich experience in both skills and life knowledge which can contribute to the whole group’s learning
* assessment will be based on a wide range of practice, academic and experiential learning
* a commitment to ethical practice whereby all students adhere to the ethical standards of COSCA (Counselling and Psychotherapy in Scotland) and BACP (British Association of Counselling and Psychotherapy)
* a commitment to experiential learning, self-directed study, group work and supervised clinical practice offering students diverse opportunities for self- development and personal growth
* a commitment to valuing student feedback and evaluation and providing regular opportunities for this to take place.
* an expectation that students will utilise research literature to inform their practice

**Course Content**

The DIRC is delivered over a period of two years and five months, comprising 6 long weekends (Friday-Sunday for the September and October weekends) and 16 regular weekends (Saturday-Sunday). This relates to 400 face to face taught hours in total. In addition, there is a placement of 200 counselling practice hours supported by supervision at a ratio of 1:6 (supervision/counselling) ideally within a Relationships Scotland member service.

The Diploma is awarded on the completion of the followingsix modules**:**

**Module 1. Introduction to Relationship Counselling**

In this module you will be introduced to:

* What it means to be in a relationship, from a psychological and sociological perspective.
* The importance of the therapeutic alliance underpinned by Carl Roger’s core conditions.
* Communication skills and barriers to communication.
* Concepts and theories of intimacy and adult sexuality.
* Psychodynamic theories
* Systemic theories
* Specific theorists and models: John Bowlby’s theories of attachment and loss; Stephen Johnson’s Character Styles; Gerard Egan’s 3 stage model; theories of Mindfulness
* Methods of assessing, monitoring and managing risk in counselling practice.
* The key role of clinical supervision.
* Ethical dimensions of counselling practice, Counselling and Psychotherapy in Scotland (COSCA) and the British Association of Counselling and Psychotherapy (BACP) codes of ethics.
* You will be introduced to the practice of mindfulness.

**Module 2.**  **Psychodynamic Perspectives in Relationship Counselling**

The study of psychodynamic theories will include:

* Sigmund Freud’s concepts including ego states, defence mechanisms, transference and countertransference, Oedipal theory and triangulation.
* Bowlby’s Attachment Theory with emphasis on the implications of early attachment patterns for adult relationships. Contemporary research in the field of neuroscience will give you an insight into the observable effects of insecure attachment patterns from childhood.
* Object relations theory introducing Melanie Klein and Ronald Fairbairn.
* Stephen Johnson’s Character styles will continue focusing on characterological issues of self-development.
* Adult sexuality, focusing on theories of intimacy and the barriers to intimacy posed by affairs, loss of desire and breakdowns in communication. There will be an exploration of sexual practice, sexualities and sexual development across a lifespan.
* Personal and professional development will include mindfulness practice to support self-care.

**Module 3. Systemic Perspectives in Relationship Counselling**

The study of systemic theory will include:

* An introduction to family therapy via its key models.
* Exploration of the life cycle and transitions in the context of family beliefs and structures.
* Genograms (variant of family trees) are introduced to explore intergenerational beliefs, structures, myths and norms within families.
* Attachment theory will be examined in the light of key systemic concepts such as resilience.
* From a historical and sociological perspective there will be consideration of the development of family patterns, examining changing attitudes to marriage, divorce and separation, children, reconstituted families and gender roles.
* The study of adult sexuality will cover a broad range of sexual issues including erotic transference and countertransference.
* The middle stage of the counselling process will be explored via Gerard Egan’s 3-stage model.
* Stephen Johnson’s characterological styles focused on issues of self in the system.
* Legal and professional issues will be explored in the contexts of supervision, record keeping and confidentiality.
* Therapeutic use of self and the importance of self-awareness.
* Mindfulness of your thinking.

**Module 4. Mental Health and Relationships**

This module is concerned with the effect of mental health issues on relationships. A comprehensive range of mental health issues and their potential impact on relationships will be explored.

Study of mental health and relationships will include:

* Trauma from a psychodynamic perspective examining the potential effects of trauma and childhood sexual abuse on adult relationships.
* Exploring a range of addictive behaviours and their effect on relationships.
* Adult sexuality focused on sexual addiction and ‘sex and the internet’ and the impact of ‘remote’ affairs.
* Sexual seminars delivered by students will cover a variety of diverse sexual issues relevant to relationship counselling.
* The impact of vicarious traumatisation on the counselling relationship.
* Ethical consideration of working within professional levels of competency in relation to mental health issues.
* Stephen Johnson’s Character Styles as they impact on mental health.
* Personal and professional development will progress mindfulness practice as it may be used in the context of mental health.

**Module 5. Working with Diversity**

 Study of difference and diversity will focus on:

* Difference and diversity from psychological, sociological and historical perspectives.
* Discrimination as it affects individuals and relationships, e.g. diversities of culture, race, religion, sexuality, age, mental health problems, physical and learning disabilities.
* Adult sexuality examines the issues of gender identity and sexual orientation and the diversity of adult sexual relationships including lesbian, gay, bisexual, transgender and intersex (LGBTi) issues.
* An introduction to a narrative account of experiencing diversity issues.
* An introduction to the process of Family Mediation with its focus on the well-being of the children.
* The relationship between counsellor and supervisor and the value of supervision.
* Use of mindfulness practice as it may be used within client work, in supervision, and for on-going self-care.

 **Module 6. Relationship Counselling Practice of Individuals and Couples**

 This module consists of:

* 200 hours of supervised relationship counselling practice with clients, both individuals and couples (minimum of 75 hours couple counselling), in an approved placement. The placement will ideally be in one of Relationships Scotland’s member services.
* Counselling practice will require supervision at a ratio of one hour of supervision to six hours of counselling practice, in order to meet the practice standards for students laid down by both professional bodies operating in Scotland – COSCA and BACP.
* Most trainee counsellors work towards providing three hours of counselling weekly within their placement.
* If you are practicing in one of Relationships Scotland’s member services, you will be required to attend group supervision/case discussion.
* Supervision is a key arena for you to develop and expand self-awareness. Ideally supervision will integrate self-awareness, theoretical understanding and reflection on counselling practice complementing personal development work on the diploma.

**Course Staff**

All core teaching staff are accredited, practicing counsellors and qualified trainers with many years of experience of counselling and training delivery. They are members of appropriate professional bodies including BACP and COSCA and adhere to their codes of professional ethics.

The ratio of staff to students will be at least 1:10.

In addition to the core training team, subject experts will deliver additional training input during the course.

**Course Entry Requirements**

* COSCA Counselling Skills Certificate or equivalent
* Capacity to commit to approximately 15 hours of time each week during training (to cover personal study, preparation and assignment writing, presentations, counselling practice within placements and supervision, possible personal therapy)
* Ability to commit to minimum 85% attendance at training
* Ability to work at academic Level 9 (SCQF)
* Self-awareness and openness to feedback
* Ability to consistently offer the core conditions respecting difference and diversity

Preference will be given to applicants with the specified entry requirements. However, for applicants living in a geographical location where a COSCA Counselling Skills course is not available an assessment of APL( Approved Prior Learning) will be made. In addition, applicants who do not have a certificate in counselling skills may be required to attend a 4 day counselling skills training course as part of the assessment for their suitability for the course.

**Application and Selection for Training**

The stages of the application process are:

1. **Enquiry**

If you would like to train to become a relationship counsellor, or you would like more information about any aspects of the training contact Relationships Scotland at 18 York Place, Edinburgh.

Telephone: 0345 119 2020

Email: liz.thackwray@relationships-scotland.org.uk

The next training course will begin on 13th September 2019.

1. **Recruitment**

You will be required to complete an application form, provide two referees and return your application to Relationships Scotland. Applicants who meet the entry requirements will be asked to an interview day.

Relationships Scotland will host an open evening information session in Spring 2019. Full details will be advertised on the website.

 **3. Selection at Relationships Scotland**

Route 1: If your application is accepted and you have a COSCA Certificate in Counselling Skills, you will attend a selection day, engaging in both individual interviews and experiential group activities. This also gives you an opportunity to meet members of the training team at the course venue at 18 York Place, Edinburgh.

Route 2: If your application is accepted but you do not have a COSCA Certificate in Counselling Skills you will attend a selection day (as route 1) and may be required in addition, to attend a four day introductory counselling skills course. This course will take place from Friday 23rd August to Monday 26th August inclusive. The cost of this counselling skills course is £400.

**Counselling Placement**

If you are offered a place on the course you can approach Relationships Scotland member services to discuss the possibility of a placement with them. The placement will commence, at the earliest, at the end of Module 1 of the Diploma course.

Each of Relationships Scotland’s Member Services is an independent charity and, as such, each offers different services and may have different conditions attached to accepting students for counselling practice placements.

**Funding**

**Please note**: If you obtain a placement with a Relationships Scotland Member Service, **funding arrangements will vary**. Some member services **may** subsidise some of the cost of the course in exchange for a specified number of voluntary counselling hours. Some member services **may** pay for student’s supervision while others require students to cover these costs.

**Learning Pathways for counsellors**

The Diploma in Relationship Counselling can lead to further training opportunities in Supervision and Sexual Relationship Therapy also offered by Relationships Scotland. For qualified counsellors Relationships Scotland organises an annual CPD programme at low cost to organisational members.

**Equal Opportunities**

We are an equal opportunity employer and abide by Relationships Scotland policy on Equality and Diversity.

**Cost**

The fee for this course is £6600. Cost per 3 day weekend is £396 and cost per 2 day weekend is £264. Each module costs £1320, which may be paid monthly or per module (modules 1-5).

Please note, this cost ***does not cover*** the cost of supervision, currently at the rate of £40-60 per hour. This is an additional on-going cost to be considered.

**Disclaimer**

The course will run subject to numbers and Relationships Scotland reserves the right to charge more than the stated fees when not doing so would render the course non-viable. Relationships Scotland also reserves the right not to run the course if there are insufficient people registered to make the course viable.

**Course Dates 2019 – 2021**

**2019**

|  |  |
| --- | --- |
| **Month** | **Module 1** |
| September | 13, 14, 15, |
| October | 18, 19, 20 |
| November  | 16 & 17 |
| December | 7 & 8 |

**2020**

|  |  |
| --- | --- |
| **Month** | **Module 2** |
| February  | 8 & 9 |
| March | 14 & 15 |
| April | 18 & 19 |
| May | 16 & 17 |
| June | 20 & 21 |

 **2020**

|  |  |
| --- | --- |
| **Month** | **Module 3** |
| September | 11, 12, & 13 |
| October | 9, 10, & 11 |
| November | 14 & 15 |
| December | 12 & 13 |

 **2021**

|  |  |
| --- | --- |
| **Month** | **Module 4** |
| February | 13 & 14 |
| March | 13 & 14 |
| April | 10 & 11 |
| May | 15 & 16 |
| June | 12 & 13 |

**2021**

|  |  |
| --- | --- |
| **Month** | **Module 5** |
| September | 10, 11 & 12 |
| October | 8, 9, & 10 |
| November | 13 & 14 |
| December | 11 & 12 |

**Relationships Scotland Member Services**

**Relationships Scotland - Couple Counselling Argyll**

Tel: 01852 300 514

Email: info@argyllcouplecounselling.org

**Avenue**Belgrave House

7 Belgrave Terrace

Aberdeen, AB25 2NR
Tel: 01224 587 571
Email: aberdeen@avenue-info.com

**Relationships Scotland - Couple Counselling Ayrshire**

5 Miller Road

Ayr,

South Ayrshire, KA7 2AX

Tel: 01292 265 270

Email: info.rsccayrshire@gmail.com

**Relationships Scotland Borders**

P.O. Box 13753

Peebles, EH45 8ZY

Tel: 01721 724 170

Email: info@rsborders.org.uk

**Relationships Scotland - Couple Counselling Central Scotland**

9 Callendar Road

Falkirk, FK1 1XS

Tel: 01324 670 067

Email: info@relationships-scotlandcccs.org,uk

**Relationships Scotland Dumfries & Galloway**

11 Nith Avenue

Dumfries, DG1 1EF

Tel: 01387 251 245

Email: info@rsdg.org.uk

**Relationships Scotland - Couple Counselling Fife**
15 Tolbooth Street

Kirkcaldy, KY1 1RW

Tel: 01592 597 444
Email: info.rsccf@gmail.com

**Relationships Scotland – Couple Counselling Glasgow**

27 Sandyford Place
Sauchiehall Street

Glasgow, G3 7NG
Tel: 0141 248 5249

Email: rsccglasgow@btconnect.com

**Relationship Counselling Highland**

6 View Place

Inverness, IV2 4SA

Tel: 01463 712 210

Email: manager@counsellinghighland.org

**Relationships Scotland - Couple Counselling Lanarkshire**

The Cottage

14 Manse Road

Motherwell, ML1 2PW

Tel: 01698 254 709
Email: rs-ccl@btconnect.com

**Bright Light Relationship Counselling**

9a Dundas Street
Edinburgh, EH3 6QG
Tel: 0131 556 1527
Email: askus@bright-light.org.uk

### Relationships Scotland Orkney

1st Floor

Kirkwall Travel Centre

West Castle Street

Kirkwall

Orkney KW15 1GU

Tel: 01856 877 750

Email: enquiries@rsorkney.org.uk

**Relationships Scotland Shetland**Market House
14 Market Street
Lerwick
Shetland
ZE1 0JP
Tel: 01595 743 859
Email: relationshipsscotland@shetland.org

**Relationships Scotland – Family Mediation Tayside & Fife**

4 Dudhope Terrace

Dundee, DD3 6HG

Tel: 01382 201 343

Email: info@familymediationonline.co.uk

**Relationships Scotland - Counselling and Family Mediation Western Isles**

Ground Floor – Rear Wing

16 Francis Street

Stornoway

Isle of Lewis
HS1 2XB
Tel: 01851 705 600

Email: cfmwesternisles@btconnect.com