

C C P E

Centre for Counselling & Psychotherapy Education



**Foundations of Counselling &
Psychotherapy**

2026

COURSE PHILOSOPHY

"When an individual becomes a person, the beauty hidden in the individual, which is divine, develops; and that development of beauty is personality."

Hazrat Inayat Khan

This quote symbolises the core belief of the Centre's approach towards counselling training. The Centre for Counselling and Psychotherapy Education offers a one-year course in the ***Foundations of Counselling and Psychotherapy*** from a spiritual perspective that embraces the psychodynamic, humanistic and transpersonal approaches. It offers a thorough grounding in basic counselling skills. The course focuses on personal growth encompassing body, mind and spirit. It is aimed at students wishing to go on and pursue a career in counselling or psychotherapy, holistic health practitioners wanting to improve client contact skills, and those with a general interest in counselling.

The course meets for 30 evening seminars, 4 weekends and one full day workshop.

OUTLINE OF FOUNDATION YEAR

TERM 1 - *Counselling Skills*

Our interactions with people can become greatly enhanced by the acquisition of a basic range of listening and communication skills. The course is designed to help students become conscious of how they can be both receptively and actively present with people. The main emphasis in this term is on experiential work, which opens up rich learning opportunities within the group.

Weekend Seminar: Discovering what transpires behind that which appears

In this introductory weekend we begin the journey of sharing as a group in discovering the hidden self that hides behind the masks we may use in the world.

Topics

1. What do we understand by counselling?
2. What do we mean by the holistic/transpersonal approach?
3. Skills - attending and listening; body language
4. Listening and responding
5. Demonstrating empathy
6. Questioning - getting the words right
7. Focusing and goal setting
8. The therapeutic alliance - creating a safe environment

Counselling practice continues as an integral part of the course.

TERM 2 - *Theories and Styles in Counselling and Psychotherapy*

In this term we will be concentrating on the rich and diverse theories of counselling. Students are encouraged to read widely and pose their own questions about human nature.

Weekend Seminar: Group Dynamics

The purpose of this weekend is to help us recognise the roles and patterns of behaviour that manifest when individuals come together in groups.

Topics

1. Values and ethics of counselling
2. Freud, Jung, Rogers
3. Gestalt therapy
4. The Spiritual perspective

Weekend Seminar: Creativity

This weekend provides an opportunity to explore our relationship with creativity. Unblocking creative energy allows us to better fulfil our potential as human beings. It is also a powerful tool for change in the therapeutic process.

TERM 3 - *Themes in Therapy*

The major themes that many of us confront in our lives are reviewed in this term. The emphasis is again experiential and also aimed at students exploring in more depth their own relationship to spiritual values in their lives.

Weekend Seminar: Families

This final weekend allows students to further uncover the influence their families have had on their development. We also look at the qualities an individual acquires through their life's journey.

Topics

1. Working with the child within
2. Loss and grief
3. Relationships
4. Spiritual dimensions 1 - finding meaning and purpose in life
5. Spiritual dimensions 2 - working with qualities and mandalas
6. The role of myths and symbolism in therapy

COURSE REQUIREMENTS

Upon completion of the course successful candidates will be awarded a certificate in the ***Foundations of Counselling and Psychotherapy***. The criteria for successful completion are as follows:

1. Students are required to be in psychotherapy with a recognised psychotherapist for 40 hours, the majority of which must be during the course.*
2. Two written assignments: one on counselling theory, the other to demonstrate the student's personal development during the course.
3. A minimum of 80% attendance of course lectures and 100% attendance of the weekend seminars.

*Personal psychotherapy is at the student's expense and hours can only be counted from October before the start of the Foundation course in January. Confirmation of hours completed will be required in order to fulfil this criterion.

Any weekend or 1-day seminar missed will have to be made up with a full weekend seminar at the student's own expense. Similarly, missing too many lectures may involve additional tutorials at further cost. Detailed guidelines are provided in the student handbook, which will be available at the beginning of the course.

It is recommended that students seek voluntary practical placements in order to gain experience and put their learning into practice (this should not be arranged until the end of term one). Placement induction meetings will be offered during the year.

The course can serve as a preparation for the Centre's 4-year professional training in counselling and psychotherapy (UKCP accredited).

DURATION AND COST OF COURSE

A new course runs each year from January to November. Lectures are held one evening a week from 6.30pm to 8.30pm.

The fee for the course in 2026 is **£3158** (including a non-refundable deposit of £200).

INTERVIEW PROCEDURE

EITHER download the Application pack from our website
OR email admissions@ccpe.org.uk to request the Application pack. The Admissions Administrator can also answer questions about the course.

Interested potential applicants are asked to submit (1) their completed application form and (2) CV detailing their history, qualifications and relevant professional and personal information to admissions@ccpe.org.uk. The application is reviewed by the Admissions Administrator who makes a preliminary assessment of the applicant's eligibility based on the course entry criteria.

If the applicant meets the basic entry criteria they are asked to pay the admission fee of £85, and then invited to interview with one of the Foundation Interviewers. The interview lasts 50 minutes.

Course Tutors

Julie Holmes	MA, MSc, Dip. Psych., Dip. Adv. Psych.
Sandra Schmool	M.A., Dipls. Psych., Supvn.

Additional Tutors

Tamara Alferoff	MA., Dipl. Psych.
Shaun Goodwin	M.A. Dipls. Psych. Supvn. Sand.
Helen Thomas	Dipl. Psych

CCPE Equal Opportunities Policy

CCPE promotes equal opportunities for students, clients and staff. CCPE is committed to a policy and practice where students' admission to and assessment on the course will be determined only by personal merit and performance. No applicant as a student or for a staff appointment will be treated less favourably than another. CCPE does not discriminate on the grounds of nationality, race, gender, sexual orientation, age, social class, disability, political, religious or spiritual persuasion or practice. CCPE promotes an Equal Opportunities and a Diversity Policy where students, staff and graduates recognise, respect and value the dignity and diversity of others. This statement also applies to all client practice.

All content is correct at the time of publication but may be subject to change.

Centre for Counselling & Psychotherapy Education

Directions from Warwick Avenue: Walk down Warwick Avenue towards Paddington, take the third right and then right again into Warwick Crescent.



Centre for Counselling and Psychotherapy Education

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