



**RICHMOND
BUSINESS
SCHOOL**

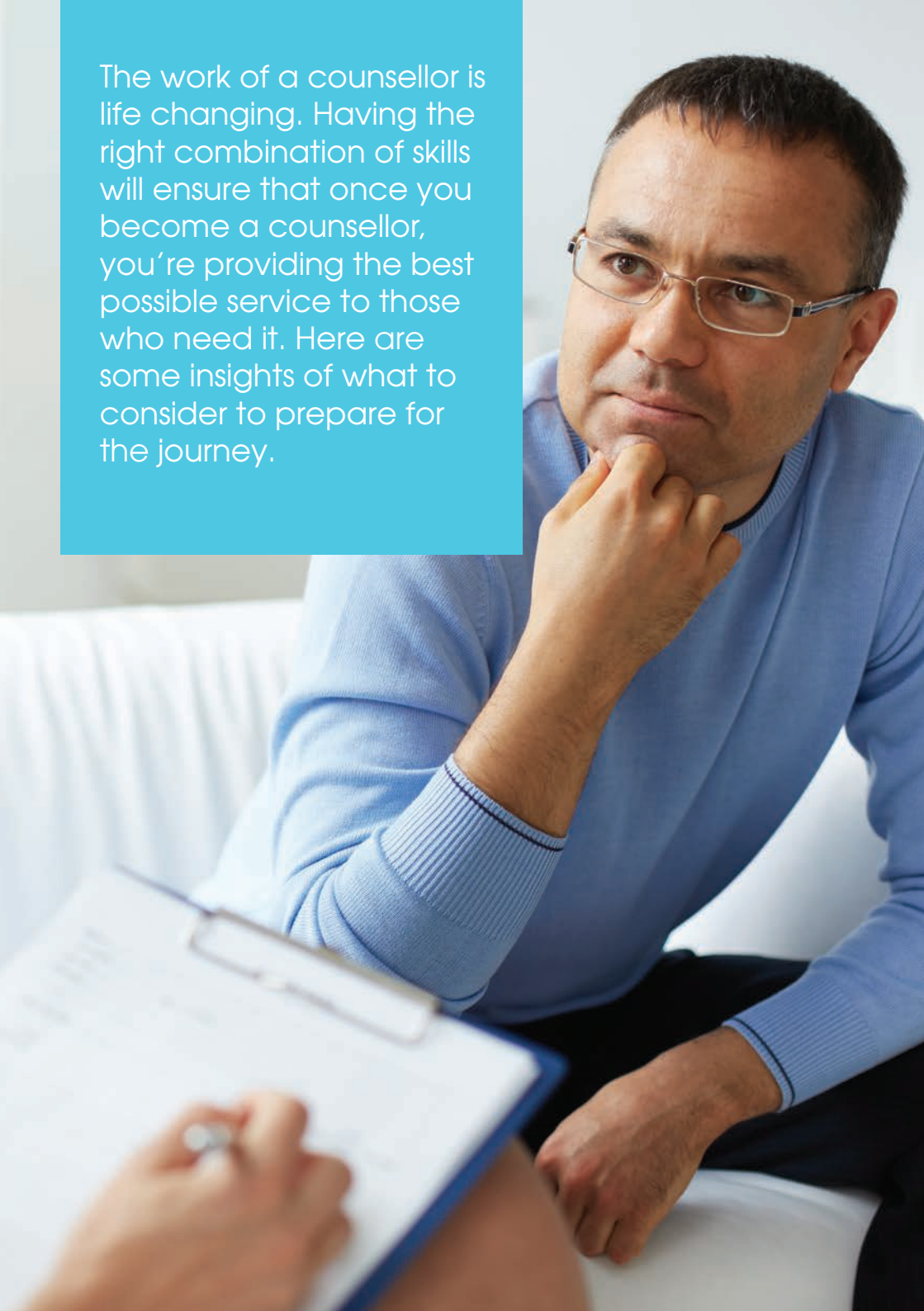
COUNSELLING

This guide provides information on what to expect if you are considering applying for a counselling course.

RHACC

Richmond and Hillcroft
Adult Community College

The work of a counsellor is life changing. Having the right combination of skills will ensure that once you become a counsellor, you're providing the best possible service to those who need it. Here are some insights of what to consider to prepare for the journey.



ARE YOU A POTENTIAL TRAINEE COUNSELLOR?

- You will have a commitment to learning more about yourself and others in a group setting
- You must be able to accept that being challenged will be part of the course
- At times you may experience being out of your level of comfort
- You must be open to exploring your emotional history and sharing your triggers and vulnerabilities
- You must recognise that training to be a counsellor is as much about you and your journey, as it is about enabling others
- You must be able to work both experientially and academically
- You must be able to work in a team, independently and at home
- You are expected to attend 100%. If your attendance falls below 80% you will not be allowed to progress to the next level



WHAT IS A TYPICAL DAY ON A COUNSELLING COURSE?

- You can expect lots of interaction with your peer group and opportunities to share and listen
- You will receive written and verbal feedback on your progress as well as constructive feedback from your peers
- You will work academically and experientially
- Some courses have art, drama and movement as part of your process
- You will be expected to present workshops on a specialist subjects
- You will practice counselling skills
- You will take part in theory based workshops
- At L4 & L5 you will be working in a placement with clients and will be expected to present your caseload for supervision
- At L4 & L5 You will be required to be in therapy and become a student member of the BACP





WHAT ARE THE PROGRESSION ROUTES?

- Certificate at Level 2 and Level 3
- The Diploma at Level 4 and Level 5.
- At the end of each level, you will be offered an exit and entry interview before you are allowed to enrol onto the next level.
- **There is no guarantee that you will be offered a further place.** However you may be given an opportunity to take some time away from college to self-reflect and be re-interviewed later

HOW AM I ASSESSED?

- You are required to produce a portfolio and sit an exam
- Your work is assessed for competency and you will be given both verbal and written feedback on how to improve

CAN I MISS A LEVEL OF TRAINING?

- The validating board Counselling and Psychotherapy Central Awarding Body (CPCAB) and The British Association for Counselling and Psychotherapy (BACP) are very clear on who can apply
- In order to join any level higher than Level 2 Counselling Skills you will have to have had a Counselling-training course of at least 80 hours, in a classroom setting.
- Modula training is not acceptable and we do not accept any on-line training. Acquired knowledge will be very useful for you in the course and we welcome learners from all occupations and life styles.



WHAT IF I HAVE ADDITIONAL LEARNING REQUIREMENTS?

RHACC has a specialised department that can help with learning needs and all our classrooms are DDA Compliant.

HOW CAN I BETTER PREPARED FOR INTENSIVE TRAINING?

Whichever route you choose, the financial and emotional investment is substantial. At L4 and L5 you have to attend therapy throughout your training. Additionally, you may need to pay extra for disclosure checks, indemnity insurance and supervision.

HOW DO I BEGIN THE APPLICATION PROCESS?

- Register your interest online at www.rhacc.ac.uk
- You will then be contacted by a member of the counselling team, and invited to interview (L2-L5)
- Do not register more than once
- Counselling assessments are by appointment only (even on Open Days)
- If successful, you will be given a letter of confirmation
- Your place is not guaranteed until you pay your fees and enroll
- If you are applying for an Advanced Learner Loan additional information will be provided.

INTERVIEW PROCESS

- The total assessment time may vary, but be prepared to stay for a minimum of 2 hours
- You will be asked personal questions in one to one interview
- You will undertake an English assessment if you do not have a L2 in English (GCSE or Functional Skills)
- You will complete a free writing task
- The interviewer will let you know if you have been successful as soon as possible
- Feedback can be provided if you have been unsuccessful in securing a place along with guidance on your next steps

EVIDENCE REQUIRED AT INTERVIEW

- That you are a resident of the UK e.g. passport
- You will need copies of all your certificates and your portfolio
- If coming from another college you will need provide a tutor reference and confirmation of your attendance record

Before embarking on this career pathway it is important to understand that these courses are intense and emotionally triggering.

It isn't an easy journey to make but it is a fulfilling career and the rewards are worthwhile.



Parkshot (Richmond)

Richmond, Surrey TW9 2RE

T 020 8891 5907 E info@rhacc.ac.uk

PUBLIC TRANSPORT

BUSES

H22, H37, 65, R68, R70, 190, 371, 391, 419, 490, 493

TUBE/TRAIN

Richmond Station

PARKING

Richmond: Old Deer Park car park (pay and display) is next to the college. Parking is free after 6:30pm

If you feel you are ready to enrol of a counselling course contact our Richmond Business School

020 8891 5907

rbs@rhacc.ac.uk

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