

The United Kingdom Academy of Integrative Therapy



Course Prospectus
Student Handbook
Counselling

UKAIT: promoting flexibility and diversity in the field of applied therapy

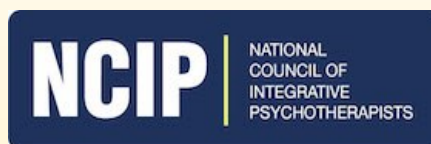


Integrative Counselling Course (Level 5)

The Counselling diploma is accredited by the National Council of Psychotherapists

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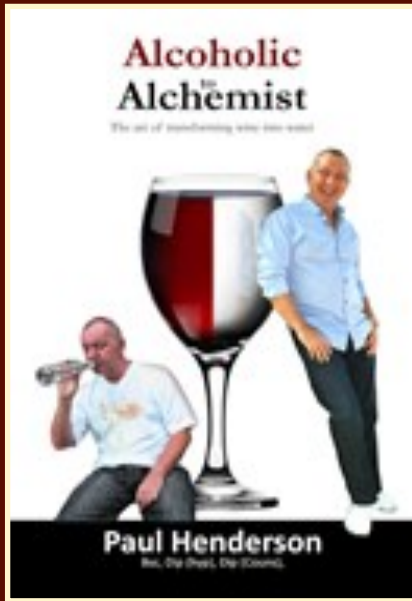
**National Council of
Integrative Psychotherapists**



As a training provider, **The United Kingdom Academy of Integrative Therapy (UKAIT)** has a responsibility to produce competent and effective therapists; therefore, the course has been designed in accordance with regulatory guidelines for training set out by both **The National Council of Integrative Psychotherapists (NCIP)** and **the British Association of Counsellors and Psychotherapists (BACP)** To meet growing Government interest in the minimum training criteria for practitioner level courses in psychotherapy, the following guidelines have been devised:

- Two years part time, classroom based, tuition
- Reading assignments
- Preparation of reports / theses;
- Opportunities for group interaction;
- 100 hours supervised training, in the ratio of 1 hour of supervision for every eight client hours. (*students must find own placement. 5 hours of supervision included in the cost)





Books

By

Paul Henderson



Academy Founder: Paul Henderson MNCIP (Snr. Accred.) FACCPH,
BSc.(Psychology), Dip (ClnHyp), Diploma in Psychodynamic Counselling,
Personal Development Trainer, Coach,
NLP – Master Practitioner / Trainer,
Author

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Paul is the founder of the United Kingdom Academy of Integrative Therapy (U.K.A.I.T.). After developing a profound interest in the mind / body connection, he has spent a twenty-year period training in both the personal and transpersonal aspects of human development. During the course of his degree, he studied child development and social psychology. A growing interest in the psychodynamic strand of psychology (which holds the view that childhood experience shapes psychological development and relationships in adulthood), left Paul with a strong desire to investigate the mechanisms of the subconscious and unconscious minds; consequently, after attaining a diploma in clinical hypnotherapy, he underwent a four year formal training period in psychodynamic counselling / psychotherapy. In addition, Paul has attained Practitioner, Master Practitioner, and Trainer level certification in NLP. From a transpersonal perspective, Paul has studied the mechanisms of consciousness through the teachings of Vedic science, and attained his masters / teacher degree in Reiki.

In addition, Paul has travelled extensively conducting workshops and seminars on a wide variety of psychological and esoteric topics. His passion for the holistic approach to self-development led to his first novel - 'In This World But Not Of IT' - a parable that integrates the domains of mind, body and spirit, into a compelling adventure.

Paul's second book 'Alcoholic to Alchemist' has been widely accepted as a comprehensive Twelve-Step guide to optimal living.

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What is Counselling / Psychotherapy?

It is not possible to make a generally accepted distinction between counselling and psychotherapy. There are well founded traditions which use the terms interchangeably and others which distinguish between them. If there are differences, then they relate more to the individual psychotherapist's or counsellor's training and interests and to the setting in which they work, rather than to any intrinsic difference in the two activities. P

Psychotherapists employ a range of techniques based on experiential relationship building, dialogue, communication and behaviour change that are designed to improve the mental health of a client or patient, or to improve



couple, or group relationships (such as in a family).

Integrative Counselling Diploma

In addition to an intensive programme of skills development, the diploma course relays a thorough understanding of the theoretical frameworks and concepts underpinning different psychotherapeutic approaches. The ethos of the course is integrative. A sample of five of the core modules are listed below:

- Psychodynamic Counselling
- Cognitive Behavioural Therapy
- Transactional Analysis
- Narrative Therapy
- Phenomenological and Humanistic Counselling

Over two years (part-time) students will combine experiential learning and group discussion, consolidating practical application with relevant theory.

Course Philosophy and Design

The course contains a careful balance of theory and process, within a broad, yet clearly defined, framework – providing:

1. Structured experiences and regular opportunities for observation, practice, feedback (from staff and fellow students), discussion and review.
2. Opportunities to practise the blend of skills appropriate to the model(s) of psychotherapy being learned --- these skills being identified and developed so that students can describe, analyse and utilise them.
3. A progressive monitoring and assessment of skills development.

Teaching and Learning

The course provides sufficient psychotherapy theory, drawing upon relevant social science disciplines, to enable students to make explicit:

1. Change and how it takes place;
2. Models of the person and concepts of the self;
3. Systems in which we live and the ways in which social, cultural, ethnic, philosophical, ethical and political issues affect these systems;
4. Self-understanding and personal development as the course proceeds.

Code of Ethics

The UK Academy of Integrative Therapy course team adheres strictly to the Code of Ethics set out by both the National Council of Integrative Psychotherapy (NCIP) and the British Association of Counsellors and Psychotherapists (BACP). The course emphasizes and underpins the professional practice and management guidelines set out by the NCIP and BACP, adopting an in-depth exploration into moral, ethical, and legal issues

By the end of the course candidates should be proficient in the use of the following range of psychotherapeutic counselling skills:

- Initiating a counselling interaction (contracting, confidentiality with limitations, time boundaries, organisational requirements)
- Using active listening skills learned to function competently in the counselling interaction.
- Concluding each individual session and ending a series of sessions.
- Presenting an adequate understanding of the counselling process, including client assessment and intervention planning.
- Demonstrate a commitment to anti-oppressive practice and non-discriminatory use of counselling skills.
- Articulate their own philosophical approach to counselling to conceptualise case material and the counselling process and to show a deep understanding of an integrative model of counselling.
- Reflect constructively on themselves, their own life experiences, and their interactions with others and evidence their own personal and professional growth processes



UNITS

Unit 1:

Counselling Skills and Theory Update

The Structure of Counselling
 Theoretical Approaches in Counselling
 Paraphrasing, Summarizing, Reflecting
 Guided Discovery through open ended questioning,
 challenging

Unit 2:

Professional and Organisational Issues Update

Empathy, Defining and Maintaining Boundaries, Code of Ethics and Practice, Moral, Ethical and Legal Issues, The Counselling Relationship, Confidentiality, Transference and the Counselling Relationship, Ending Counselling, Referral, Client in Crisis , Supervision

Unit 3:

Psychodynamic Counselling

Key Concepts
 Defence Mechanisms
 Freud's Structural Theory
 Transference and Countertransference
 Object Relations Theory

Unit 4:

Gestalt Therapy

Wholeness and Integration
 Awareness - Ground and Figure
 Five layers of Neurosis
 Field Theory
 Unfinished business

Unit 5:

Transactional Analysis

Introduction

Ego States

Life Positions

Life Scripts

Summary

Unit 6:

The Self Structure

What Constitutes 'SELF'

The SELF as a series of processes

The unfolding of consciousness

Yogacara Philosophy

Unit 7:

Narrative Therapy

Prominent Social Discourse

Problem Saturated Stories

Externalising

Deconstruction

Unit 8:

Phenomenological and Humanistic Approaches

The Meaning of Phenomenology in Relation to Clients

Rogers and the Person-Centred approach

Maslow and Humanism

The Existential Approach

Summary

Unit 9:

Attachment theory and the Strange Situation

Introducing the Work of John Bowlby and Mary Ainsworth



Unit 10:

Determinism or Free Will

Are our lives predetermined or do we have free will?

Soft Determinism Vs Hard Determinism

Unit 11:

Couples' Counselling

Unconscious Dynamics of Relationships

Transactional Analysis and Couples' Counselling

The Gottman Method

Unit 12:

Cognitive Behavioural Therapy

Evolution of Behaviour Therapy

Behaviour Therapy and its view of the person

The Cognitive Emphasis

Rational Emotive Behaviour Therapy

Unit 13:

Mindfulness and CBT

The Four Noble Truths

Mindfulness

Self– Awareness

Unit 14:

Grief counselling

The Five Stages of Grief

Attachment, Loss and the Experience of Grief

Understanding the Mourning Process

Dual Process Method

Worden's Four Tasks

Unit 15:

Family counselling

Family Sculpting – Theory and Case Studies

Bowen's System Theory

Strength Based Family Therapy

Family Therapy Techniques and Applications

Unit 16:

Preparing for Placement

Preparation for placement

Case Studies

Supervision



Venues

Courses are currently held at the following locations:

- Millenium Centre, West Derby, Liverpool, L12
- Rhyl, Denbighshire, North Wales



Course Fees

Diploma in Integrative counselling £2995

A monthly instalment plan is available as follows:
£575.00 non-refundable deposit

22 x monthly payments of **£110.00**

Note: 5 sessions of supervision are included in the fees. If your placement provider doesn't provide supervision, you will have to secure 5 further sessions at your own expense (Approx £40 per session)

Tutors

Paul Henderson BSc. (psychology), Dip (Hyp), FACCPh, MNICP (Snr. Accred)- NLP Master Practitioner / Trainer, Psychodynamic Counsellor/Psychotherapist, Life coach, Author.

Nicholas Buchanan BA (Hons), MNCP, Cert.Ed., Nick has worked as a therapist / coach for five years. More recently, he worked as an NHS counsellor in a busy doctor's surgery. Nick also has over 25 years of teaching experience in schools, colleges and other organisations.

Nichola Doyle: BA (hons) - Children's Development & Learning with Qualified Teacher status. FdA Teaching and Learning support. Integrative Counsellor and Hypnotherapist

Admission Criteria

- **Prior counselling training (level 2 and/or level 3) are preferred but they are NOT pre-requisites for this course, as comprehensive training will be given. Consideration will be given to your level of education and life experience**
- **We may, however, request that you undertake a personal interview with the Course Director**

Continual Assessment

On-going assessment will be made via submission of written and verbal assignments; these consist of a number of essays (upper word limit 2500), audio or video recorded sessions and a written critiques for each session; plus several case studies.

Course Materials

A comprehensive course manual will be issued on the first night. All course materials are situated on our extensive website. You will be given an account after enrolling.

Course Duration: 2 years part-time study

1 classroom session (5.30—9.30pm) per week, plus 10 Saturdays synchronous Zoom sessions (visit www.ukait.com or call for more details)

Supervised Placement Students are required to complete 100 client hours to practice their skills. They must adhere to the NCIP guidelines of 1 hour of supervision per eight student hours. *students are required to secure their own placements, though we will provide leads. We have good connections with a variety of placement providers. Five sessions of supervision are included in the cost of the course. If your placement provider does not provide supervision, you will have to secure further supervision sessions at your own expense

Reading List

Counselling Skills and Theory (second edition) – Margaret Hough ISBN: 978-0-340-92701-4

Psychodynamic Counselling in Action Jacobs, M. 1988 , Sage Publications. ISBN 13: 9781412902151

Transactional Analysis Counselling in Action, Stewart, I. 2000, Sage publications

Cognitive Behavioural therapy for Dummies, Wilson and Branch, ISBN 13: 78-0-470-01838-5

Please note: Our website has a comprehensive array of reading materials, plus hundreds of videos including archives of past classroom sessions

Complaints procedure for students

If you are concerned about an aspect of your learning experience with UKAIT, you can use the complaints procedure for students to bring your concerns to the attention of relevant staff. The procedure enables investigation of the concerns with the aim of satisfactory resolution.

There are two levels to the procedure – informal and formal:

Most complaints are resolved informally by expressing the complaint to a member of staff who is appropriate or with whom you feel comfortable.

Where the above has not produced a satisfactory resolution to the problem, you should contact Paul Henderson directly and arrange an interview. Paul will arrange a thorough investigation. To contact Paul directly use the contact details at the back of this handbook.

Testimonials

I found that, for me, this course, without doubt, is the best training I have experienced.

Paul provided a good mixture of theory, practical skills development and one to one support.

This course was at times challenging, but a lot of fun; it has been the most life changing, thought provoking, training experience that I have had the privilege to take part in.

I feel that it has, and will continue to, enhance and improve my life as I incorporate the skills into my professional and personal life".

Ann Wynne (Liverpool)

If you wish for the knowledge, experience, and skills to deal with disorders, phobias and inhibiting patterns of behaviour, then this course is for you. Paul encourages and engenders a very supportive and enlightening experience through the many psychological and philosophical subjects he teaches.

Paul is thoroughly versed in both the theoretical and practical aspects of therapy and teaches with humour, joy, conviction and clarity

Lyndsey Kevan (Liverpool)

The has provided me with an opportunity to refresh my previous knowledge, skills and training in psychology. The course has not only offered an excellent level of professional training but given its pragmatic approach, a path to also enhancing personal development. Many topics have been covered on the course, which highlights the depth and breadth of training.

Sanjay Pande (psychologist)

Paul took us to a world of care and access techniques, of imagination and responsibility, of empowering and release, and allowed us as individuals to use our personalities intuitively whilst acknowledging the importance of procedures and respect for the workings of the unconscious mind. He initiated awareness which grew extensively. He facilitated our understanding of the unconscious mind and the debilitating effects of repressed material and trauma that often translates into behaviours which do not always serve us well. Through guided discovery, he taught us how to accept ourselves and showed us that we all have the necessary resources to effect change. He taught us how to develop empathy and understanding and to use these attributes in empowering our clients.

I could only dream of achieving the level of excellence Paul has attained, but as a role model to follow in the footsteps of, I feel most privileged.

Lyndon Nicholls (Wales)



To register your interest, email your details to enquiries@alc2alc.com

Visit www.ukait.com

or call 07512562138

