



British College of Systemic Psychotherapy & Counselling

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Diploma in Systemic Psychotherapy and Counselling

Incorporating Hypnotherapy & Neuro Linguistic Programming

[1] Welcome to the British College of Systemic Psychotherapy & Counselling 'Diploma' Course. The course covers the main sub-modalities of 'Sigmund Freud's Psychoanalysis and Psychodynamic practice and principles. The works of Fritz Perls MD 'Gestalt' approaches to diagnosis and treatment. Carl Rogers 'Client Centred' Person Centred approaches to therapeutic congruence and how to conduct therapy in a holistic fashion. The programme is also backed up by utilising a systemic approach to modern therapies, such as 'Ericsonian Hypnotherapy' and 'Neuro Linguistic Programming' 'Bandler and Grinder'. All courses are held around Maidstone and Dartford Kent unless otherwise as stated in agreement with students and staff. [Dates on application] [Venues to be confirmed] All courses are conducted by registered staff, R Lewis FBCSPC Christine Adams Master NLP Practitioner & Trained Trainer ABNLP & Hazel Brewer 'BA. Hon' Education' College Secretary

Classes sign in from 9am for 9.30 starts – 4.30 for a 5pm finish to cover any questions

[2] Duration of training on this course:

This integrated course 'Insight Psychotherapy Professional Practitioners Diploma' is for one year "10 months of 2 days per month and two months for exams and support work or any re-sits" The training is structured to give the student hands on experience combined with an understanding of the history and social implications across religions, cultures and creeds. You will also learn how to implement holistic applications within a systemic approach.

[3] Approaches to teaching:

All lessons and demonstration are conducted in a non-discriminatory manner. Student will be expected to complete all written work or projects on time. Students are expected to ask questions and to be part of all interactive sessions. Learning is expected to be fun, enjoyable and will be set at a pace in order that all students can learn and progress in line with the learning objectives.

[4] Complaints procedure:

Students have the right to complain if they feel they are not getting the right support to fulfil their goals and ambitions. They also have the right to mentoring, shadowing; supervision based on the colleges equal rights and equality policies in our code of ethics document. The first port of call will to the class tutor/instructor and then to the chair of the college R Lewis if matters cannot be dealt. [Copies of the ethics document can be obtained from your tutor] Complaints take the form of informal with your tutor/instructor in the first instance, and then move on to ‘First formal level with another tutor/instructor’. ‘Second level with student and other tutor/instructor and third level full meeting with college principle and all parties concerned. The principle will make the final decision See complaints form page [5]

[5] Codes for behaviour and conduct:

Students are expected to be guided by the college’s code of ethics and behaviour. Codes for information sharing and confidentiality and other classroom management matters will be agreed at the first lesson, plus housekeeping & health and safety good practice.

[6] Students Voice/Assessment:

Throughout the training you will have ongoing opportunities for observation, practice, feedback from staff and your fellow students as well as discussions and reviews on application. You will also be encourage to set up a peer group outside of the learning hours to discuss progress etc. Information from the peer will then be shared with the tutor/trainers as be used by the tutor/instructor as feedback, to improve the course. Because this is a hands on course students will be able to experience what it is like to be a client and then the therapist, this will help you in blending and understand the processes from both prospective. Through the application of learning and using you will be in a good position to describe, analyse and utilize all your learning experiences and assimilate best practice.

[7] Course requirements:

All students are expected to have a reasonable level of education, plus a desire to succeed in their therapeutic endeavours. Attendance on the course will by application form and or an interview [past qualification in therapy will also be considered] we are equal policy college and no one will be barred from training because of ‘Race, Creed or Religious Practices.

Programme specification:

[8] The course is split up into ten ‘Modules’ with 3 test papers, one after the 3 lesson, one after the 7th lesson and the final after the ten lesson. See page [7/8] for full syllabus] there is a further 2 months if required for re-sits one to one support and revision. Final paperwork should be completed and submitted by the 12 month to obtain your qualification.

[8] Reading List:

‘Sigmund Freud’ Introductory Lectures on Psychoanalysis, Penguin books 1982, ISBN 0140217355

Patterns of the hypnotic techniques of Milton H Erickson, M.D Volume 1 By Richard Bandler and John Grinder, 1975, Meta publications America ISBN: 091699001X.

Trance Formations, by John Grinder & Richard Bandler 1981 published By Real People Press America ISBN 0911226230

The Gestalt Approach & Eye witness to Therapy by Fritz Perls Published By Science and Behaviour books Perls last and most comprehensive work. ISBN 083140034X.

“The Oxford companion of the mind” By Richard L Gregory Oxford union press 1987. ISBN no number given.

‘The secrets of magic by L Michael Hall’, Published by Crown House Publishing, 1998. ISBN1899836152.

The Seminars, workshops and lectures of Milton H Erickson Volume 2 By Ernest L Rossi, Rossi and Margaret O. Ryan, Published by Free Association books/ London. ISBN 185343406X.

The Structure of Magic Book 1 & 2 by John Grinder & Richard Bandler, Published by Science and Behaviour Books, Inc 1976. ISBN: 0831400498.

The book list is not compulsory as all the materials will be given out at the start of each lesson, covering all topics discussed. The book list is given as a guideline as this is not a full list of all the books that could be read as they number in their thousands, you will also have extensive practical experience on the course plus overheads in line with the course lessons.

[9] Safety policy:

All training facilities are covered by liability insurance and have full cover from first aiders. [Information to be given on first session on locations of certificate and first aiders]

10] Supervision requirements:

All students and staff are required to have regular supervision to appraise their development and suitable to continue with the course. Discuss your supervision requirements with your tutor/instructor. Supervision can be conducted in Groups,

Singularly via the phone, Scipp or Email; this would greatly depend on student's location and availability. All supervision notes are recorded and signed for, plus Supervision monitoring forms.

11] Students are responsible for their own health and safety and the safety of others and must make sure they follow all health and safety advice given by the college and the training facility. If the fire alarm should ring or they spot fire or smoke you shall inform a member of staff or set the alarm if there are no staffs available. You are then required to leave the building informing as many people as possible as you leave. Then assemble in the place assigned at that venue. In the event of any serious personal, injury illness or infections tutors/staff must be informed at the earliest moment and 'Incident/Accident report must be completed.

12] The above does not cover every eventuality that may occur during your training, but we aim to make your experience a warm welcoming one, in which you have a safe and rewarding training experience, one that encourages you to keep on training and developing your skills and talents in the psychological fields. We as a college take great pride in having some of our students move onto university to undertake their Masters and Doctorate in Psychotherapy or Psychology. Good luck in your studies and we hope you join us at the NCP in the future.

Complaint form

Name of student:

Course attending:

Tutor/Instructor

Nature of Complaint

Date:.....

Action Taken:

Other Actions: first stage-----Second Stage-----third stage----- tick box app

Signatures staff member Student Signature

SYLLUBUS

Module one

Phenomenological Psychology and its relation to self identity.
 The theory and background of phenomenology and how it is linked to Hypnotherapy and NLP. Practical uses of Phenomenological phenomena in the course of change work using Anchoring and regression. Demonstration and student participation.
 Ethics and application
 Student Interaction throughout
 Home study

Module two

Humanistic counselling. Its history, theory and application. Group discussion and demonstration.
 Qualities of a good therapist
 ‘Rogers’ Client centred ‘humanistic approaches to building rapport and the use of reflective language. Demonstration of application and group work. The Aims of therapy and the therapeutic process plus understanding ‘Maslow’s Hierarchy of needs
 Home study

Module Three

Freudian Psychoanalyst
 Freud’s life and History
 Freud’s theory on neurosis and how to apply treatment
 Psychosexual theory and the developing personality through Anal, Oral, Latency and Genital periods and there manifest traits
 Ego states and there relationship to behaviour
 The ‘Ego’ ‘Id’ ‘Super Ego’ how they are used in the pleasure principle
 Drives and the pressures system
 Freud work in relation to the unconscious mind and the link between NLP & Hypnosis
 Practical application of using free association
 Transference and its implications
 Test of Progress

Module Four

Gestalt Approaches to therapy
 Gestalt its history and application
 Field therapy and its relevance to society, interconnectedness
 The goals of the Gestalt approach
 Paradoxical states the fertile void
 Self awareness and its relationship to regression therapy, NLP & Hypnosis
 Humans values and there link to human personality
 Demonstration of the empty chair and how the mind has a blue print of the past/people
 Practice of Authentic Communication
 Student Interaction throughout
 Home study

Module Five

NLP Theory & application
 Conscious/Unconscious
 NLP Theory & Practice
 NLP Presuppositions
 Build Rapport with Sensory Acuity
 Eye Patterns & implication
 Submodalities & more
 Meta Model & First Oder Change
 Eye Accessing Cues
 Swish Patterns/Auditory
 Swish pattern Olfactory
 Home study

Module Six

NLP continued
 Swish patterns Sensory
 Anchoring
 Chaining anchors
 Collapsing Anchors
 Logical levels
 Demonstration of NLP modalities covered plus student utilisation of NLP practical
 Second order change
 Pattern interrupt
 Changing personal history
 Fast phobia cure
 Elicitation
 Home study

Module seven
NLP continued

Tote Model
Robert Dilts Unified Model
SMD to Change Experiences
State Dependency Strategies
Pavlov and Affects
Change Personal History
Resource States for Eliciting Change
Demo students Interaction
Trance Work PTSD
Installing New Strategies
Student Knowledge/feedback
Visual Squash
Linguistic Reframing
NLP Re-Imprinting
Calibration
Timelining To Change Emotions
Student interactions throughout

Test of Progress

Module eight
Hypnotherapy

History, theory and application of hypnotic phenomena 'The Science of suggestion'
The ten stages of trance work
Pacing and leading
Rapport building
Basic inductions
The unconscious mind slit and its relationship to trance work
Utilisation of the environment
Contra conditions to trance
The Schizoid personality
Levels of trance states
Catatonic states
The Elman induction
Utilising the unconscious for change
Transforming therapy
Self Hypnosis
Stop smoking/Slimming
Demonstration
Student participation
Student Interaction Throughout
Home work.

Module Nine

Review of the all the models covered
Demonstration of techniques learnt
Practice of all techniques covered
Discussion groups on how to apply techniques
Question and answers
Dealing with specific issues
Arranging extra support
Covering exam papers requirements
Confidence building
Presentation skills
Ongoing support
Supervision
Other training opportunities
CPD for the future
Dealing with conflicting beliefs
Student Interaction throughout weekend
Support with university application

Module Ten

Starting out
To practice at home or in an office
Meeting and working with clients
It starts from the first phone call
How to get all the clients you want
How to get free advertising.
How to promote yourself to other professional
How to set up groups.
How to demolish the opposition
The lift promotion, sell yourself in 30 seconds
How to get work from 'Doctors and Industry
How to set up contingency work.
How to write professional reports for social services and others.
How to promote yourself to solicitors and insurance companies.
Student Interaction Throughout Day
Final Test of Progress

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Students Handbook

Psychotherapy in Action Programme