

**Northern Regional College**  
Part-time Day and  
Evening Courses



2009-2010

Counselling



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A brighter future – Starts here . . .

## AQA Certificate in Introduction to Counselling Concepts

**Newtownabbey**

**Duration** 12 Weeks (30 hours)

### Entry Requirements

Applicants should have some interest in this area and/or a background where they are using communication skills.

### Contact

Mervyn Roulston  
mervyn.roulston@nrc.ac.uk

### Course Content

To give candidates a taste of counselling, its concepts and methods; and to provide the candidate with an introduction to basic counselling skills, together with the beginnings of an understanding of counselling practices and ethics.

Completion of this course will enable candidates to progress to the Intermediate Certificate in Counselling (Level 2).

## AQA Intermediate Certificate in Counselling

**Newtownabbey**

**Duration** 1 Year, Part-time (110 hours)

### Entry Requirements

Applicants should have some relevant experience in this area and/or a background where they are using their communication skills on a regular basis.

### Contact

Mervyn Roulston  
mervyn.roulston@nrc.ac.uk

### Course Content

This course is designed for those who wish to obtain and practice a wide range of counselling skills within the BCAP Ethical Framework. On successful completion, candidates will be eligible to apply for Practitioner Level with the Advanced Diploma in Counselling.

## AQA Advanced Diploma in Counselling

### Newtownabbey

**Duration** 2 Years, Part-time (220 hours)

The course takes two years to complete +10 hours of personal counselling and a number of hours of formally contracted counselling for progression towards BACP accreditation. Responsibility rests with the candidates to obtain a supervised placement during the course.

### Entry Requirements

- Level 2/Intermediate Certificate in Counselling or equivalent.
- All applicants will be interviewed by tutors prior to admission. Acceptance on the course will depend on a successful interview.

### Contact

Mervyn Roulston  
mervyn.roulston@nrc.ac.uk

### Course Content

- The Developing Practitioner (with an overview of the Psychodynamic, Humanistic & Cognitive Behavioural Therapy approaches to counselling).
- Therapeutic Practice (with CBT as the core theoretical approach).
- Humanistic Theory (including Existentialist, Gestalt, Psychosynthesis and Person Centred Theories).
- Grief and Loss.
- Brief Solution Focused Therapy.

## Student Profile

### Gary Taylor



This is a photo of me on top of Slieve Donard taken before my studies in counselling began. Since then I have been on top of the Canadian and American Rockies, the Alps, and several other mountain ranges around the world. I see this as almost a parallel with my progression within counselling, as taught in NRC. I began with the Certificate in Counselling course with no previous experience and a hope that I would enjoy it. It quickly became apparent that this was what I had been born to do and I decided that I would make counselling my life's work. I was successful in the certificate and went on to become successful in the advanced diploma. I will now begin the level 5 course this coming September and this will give me the required number of face-to-face hours and learning hours to become accredited by BACP. Accreditation will almost certainly guarantee me a full-time counselling job.

I have been fortunate to have become a volunteer with CRUSE Bereavement Care where I reap much more than I sow. My thanks to the tutors at NRC without whose help and encouragement I would have not been as successful or have enjoyed my learning experience as much as I did. I would heartily recommend anyone who has an interest or a career game plan, to go for it, and NRC is a great place to achieve their goals.

## Student Profile

### Seaneen McErlane



I feel that it is true to say that counselling is more than just another course to enhance your c.v. It is a vocation and for me has been a life changing experience. There have been many synchronicities in my life which have unconsciously directed me along this path: the untimely death of my mother aged 54 to cancer, the unresolved childhood trauma of losing my father to a shooting aged two, and my work as a peripatetic music tutor to name but a few. I felt it important and appropriate to enrol in a twelve week Introduction to Counselling Concepts in order to enhance my role as a Music tutor, facilitate better understanding and to equip me with the tools I needed to meet the needs of my students as they disclosed to me their personal problems. I did not anticipate at this stage just how radically my own life would change, and so, with the simple enrolment of what was initially a one term course, my Counselling journey began.

I completed the Introduction to Counselling Concepts and progressed onto the Intermediate Certificate in Counselling which were both facilitated by the tutors providing encouragement and support. It was this encouragement, coupled with my new found love for counselling which led me to enrol for the Advanced Diploma in Counselling. I definitely had my work cut out, but it was power for the course and a great learning experience. It was whilst completing this course I felt my Spirit Awaken. I will always value teaching on an academic level but more importantly the life lessons I have learned from both of these courses.

Since completing my Advanced Diploma in Counselling I have been a volunteer Trauma Counsellor with SPES Community Counselling, a voluntary agency offering both contracted Counselling and an out of hours Crisis Intervention Service for those people who may be in crisis in particular those who are experiencing Suicidal Ideation.

I have also recently completed a Post Qualifying Certificate In Counselling Children and Young People with Quality Training U.K. This has enabled me to secure the position of Child and Youth Sessional Counsellor with New Life Counselling, Belfast. My role involves delivering Sessional Counselling with both the child project (children aged five to eleven) and the Youth Project (youth aged twelve to twenty four). I love this position and enjoy every moment spent working with the children and young people I have been privileged enough to meet within both of these projects and hope to eventually expand my work within this field.

Whether it be in the giving or the receiving, counselling really is a life changing experience, There is a lesson to be learned from each and every person who walks through that door and I feel privileged and humble that my clients feel that they can trust me enough to share their life stories with me and I in turn treat each child, young person and adult with the respect they deserve. Along this journey I have learned so much about both myself and others, my career has changed along with my outlook on life. Whilst the essence of my Spirit will always remain the same so much about me has changed, I have become enhanced. I am no longer afraid to look at what makes me 'me' or to address my own internal process. Nobody really knows what twists and turns lie ahead on the road of the journey that is their life. Some things remain uncertain, one thing I do know for sure is that I am up for the ride!

"Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes".

**Carl Jung**

## University of Ulster Entry Level 3 Certificate in Counselling Studies

Antrim

Ballymena

Coleraine

Magherafelt

**Duration** 1 Year, Part-time

**Awarding Body** University of Ulster

### Entry Requirements

Applicants must have some relevant experience in this area and/or a background where they are using their communication skills on a day to day basis. All applicants will be interviewed by tutors prior to admission. Acceptance onto the course will depend on a successful interview.

### Contact

Roisin Horner  
roisin.horner@nrc.ac.uk  
or  
Gill Leith, Student Services  
028 9446 5132

### Course Content

The course covers three modules of study. These include developing an understanding of the theories involved in working with people in a range of settings, they also examine the ways in which communication and counselling skills may be developed. Personal development is also a key aspect of the three modules of the course.

### Course Aims

To look at the skills that will be useful for those who work with people in many different contexts.

### Special Features

There is an emphasis on the course of practical role play. 90% attendance is a mandatory part of the course.

### Assessment Methods

Assessment will be by the completion of a personal learning record; this will be continuously assessed throughout the course. As well as the Personal Learning Record there will be a practical skills assessment.

### Achievements/Qualifications

University of Ulster Entry Level 3 Certificate in Counselling Studies.

### Progression Routes

Successful students may progress to the University of Ulster Diploma of Higher Education in Counselling or the CPCAB Certificate in Working with Addiction of Working with Young People.

## Diploma of Higher Education in Counselling/Foundation Degree in Counselling

### Antrim

**Duration** 3 Years, Part-time

**Awarding Body** University of Ulster

### Entry Requirements

Students must be 21 years of age or over and must have completed a Certificate in Counselling Skills or have related academic and practical experience. All applicants will be interviewed by tutors prior to admission. Acceptance will depend on a successful interview.

### Contact

Liz Carey  
liz.carey@nrc.ac.uk  
or  
Gill Leith, Student Services  
028 9446 5132

### Course Content

The course is designed in order to fulfil a specific need for counselling training which has become apparent in recent years. The programme covers a range of related counselling modules including:

- Integrative Approach 1
- Personal Development
- Humanistic Counselling
- Developing the Therapeutic Relationship
- Ethics and Professional Practice
- Understanding the Client in Context
- Cognitive Behavioural Approaches
- Supervised Practice 1
- Psychodynamic
- Supervised Practice 2
- Integrative Approach 2

### Course Aims

To expand on existing counselling skills and develop an insight into counselling theory. The course is designed for students who wish

to use skills within the workplace and/or gain the necessary requirements to make application to BACP/IACT or other professional counselling organisation.

### Special Features

This is an innovative course that has three exit points. Students can exit after 18 months with a Diploma in Counselling Studies; after 24 months with a Higher Education Certificate in Counselling Studies or complete the 3 years of the programme and exit with a Diploma of Higher Education in Counselling./Foundation Degree in Counselling.

The course involves a large element of practical skills role play assessment and students will be expected to reflect upon past and present life events.

Students must undertake 125 hours of Supervised Practice during the course. This practice must be within an appropriate 'agency'. It is the responsibility of the students in negotiation with the Course Director to obtain a suitable placement that meets the requirements of the course. Students will be expected to undertake Professional Supervision as part of their Practice. There is a cost associated with this at approximately £35.00 per hour.

Students will also be expected to undertake Personal Therapy during the course; the cost for this is between £30.00 and £40.00 per hour.

### Assessment Methods

- Case Studies.
- Completion of Personal Learning Journals.
- Tutor/Peer/Self/Assessment.
- Seen Examination.

### Achievements/Qualifications

Diploma of Higher Education in Counselling/Foundation Degree in Counselling.

### Progression Routes

Successful students may progress to related Degree Programmes at the University of Ulster.

## Higher Diploma in Counselling Practice

**Newtownabbey**

**Duration** 2 Years, Part-time (450 hours)

### Entry Requirements

- Level 3 Advanced Diploma in Counselling or equivalent.
- Completion of at least 100 face to face client hours within a supervised placement.
- Completion of at least 10 hours of personal therapy/counselling.
- Evidence of some continuous professional and personal development in the last year.
- All applicants will be interviewed by tutors prior to admission. Acceptance on the course will depend on a successful interview.

### Contact

Mervyn Roulston  
mervyn.roulston@nrc.ac.uk

### Course Content

This is a National Qualifications Framework (NQF) Level 5 AQA Higher Diploma which has been designed to provide an accessible professional level qualification for those people who engaged in therapeutic counselling with clients, either professionally or voluntarily.

- The main themes of this qualification are the promotion of best practice counselling together with a strong emphasis on academic development.
- This includes advanced Transtheoretical counselling approaches/techniques, critical reasoning and data collection/research.
- Counselling supervision and the Principles of Continuing Professional Development.
- The completion of this programme (together with 450 client hours) will enable candidates to be eligible for application for BACP accreditation.
- All participants will be required to complete 25 hours personal therapy during the course as well as continue with their own supervised therapeutic practice.

## Student Profiles

**Sheila Crothers**



Most of my life has been spent in working with people in a variety of situations. I love interacting with others and came to a stage in my life where I wanted to explore this further. This is why I was drawn towards the Diploma in Higher Education in Counselling in the NRC. My expectations of the course were that it would help me to grow in my own self-awareness and would ultimately help me in working with other people. I also welcomed the opportunity to develop interpersonal skills. There were many challenges along the way. However, these were outweighed by the rewards, not least all the new friends made along the way.

Since achieving the Diploma in Higher Education in Counselling, I have extended my work role to include employment as a counsellor in a GP practice as well as developing my own private practice. The journey has not stopped here. This is only the beginning. I am continually updating my knowledge in specific counselling areas. The opportunities for the future are immense. Have my expectations of the course been met? Absolutely, and more!

**Stephen Johnston**



My counselling experience began with the certificate course four years ago which was excellent – such tremendous self learning and awareness. This ignited my desire to continue along this journey and subsequently enroll for the Diploma in Counselling. The three year Diploma has been a life changing experience which was tough going at times but something I would happily do again. Subsequently my career has changed dramatically and is firmly focused on continuing to work within a counselling environment, something that just feels right!

## CPCAB Level 5 Certificate in Cognitive Behavioural Therapeutic Skills and Theory

Antrim

**Duration** 1 Year, Part-time

**Awarding Body** CPCAB

### Entry Requirements

Applicants must be over 21 year of age; it is strongly recommended that the applicant is over 25 years of age. All applicants should be practicing counsellors and have professional body accreditation or be working towards this. All applicants will be interviewed by tutors prior to admission Acceptance onto the course will depend on a successful interview.

### Contact

Roisin Horner  
roisin.horner@nrc.ac.uk  
or  
Gill Leith, Student Services  
028 9446 5132

### Course Content

The main aspects of the course deal with:

- Working safely using the Cognitive Behavioural Therapy framework.
- Work with difference and diversity.
- Work with Self Awareness in the Cognitive Behavioural Therapy process.
- Work with Cognitive Behavioural Therapy theory and skills in the therapeutic process.
- Work reflectively as a Cognitive Behavioural therapist.

### Course Aims

This course is designed for applicants who have completed a higher level qualification in Counselling of at least 450 hours and wish to extend their knowledge of working using Cognitive Behavioural Therapy.

### Special Features

The course involves a large amount of practical role plays. 90% attendance is a mandatory part of the course. As part of the course applicants will be expected to carry out client work where they can apply the theory of CBT to the counselling process. Group Supervision is also a requirement of the course.

### Assessment Methods

Completion of a personal learning record, case studies, assignment, supervisors reports and feedback from tutor and peers.

### Achievements/Qualifications

CPCAB Level 5 Certificate in Cognitive Behavioural Therapeutic Skills and Theory.

### Progression Routes

This course is designed to enhance the professional development of an existing counsellor who has professional accreditation.

## CPCAB Level 6 Diploma in Supervision – Counselling

### Antrim

**Duration** 1 Year, Part-time

**Awarding Body** CPCAB

### Entry Requirements

Applicants must be over 23 years of age. It is strongly recommended that the applicant is over 25 years of age. All applicants should be practising counsellors and have professional body accreditation or be working towards accreditation. All applicants must be undertaking supervision as part of their own ethical and safe practice. All applicants will be interviewed by tutors prior to admission and acceptance on to the course will be dependent on a successful interview.

### Contact

Roisin Horner  
roisin.horner@nrc.ac.uk  
or  
Gill Leith, Student Services  
028 9446 5132

### Course Content

The main aspects of the course deal with:

- The supervisor relationship.
- Working ethically in the role of a supervisor.
- Culture and diversity issues that impinge on the supervisor relationship.
- Agency settings and their role in supervision.

### Course Aims

This course is designed for applicants who have completed a higher level qualification in Counselling of at least 450 hours and have at least two years of supervised clinical practice.

### Special Features

The course involves a large amount of practical role plays. 90% attendance is a mandatory part of the course.

### Assessment Methods

Completion of a personal learning record, case studies, assignment, supervisors reports and feedback from tutor and peers.

### Achievements/Qualifications

CPCAB Level 6 Diploma in Supervision.

### Progression Routes

This course is designed to enhance the professional development of an existing counsellor who has professional accreditation.

## Gestalt Therapy – One Year Introductory Course

### Newtownabbey

**Duration** 1 Year, Part-time (90 hours)  
Class: 2 hours 30 minutes per week for 10 weeks each term (practical 2 hours, theory 30 minutes) and 3 Saturday workshops (4, 5 and 6 hours respectively), one per term.  
Total: 90 hours

### Entry Requirements

- Age 25 or over.
- Some working context where relating to people and clear communication are important.
- Counselling Certificate (Level 2) or equivalent.
- Acceptance on the course will require communication with the tutor about how these requirements are met.

### Contact

Joelle Gartner  
joelle.gartner@nrc.ac.uk

### Course Content

This course is particularly suited to people working in counselling and therapeutic contexts, education, the helping professions, community and organisational developments and generally any job involving process facilitation, or a high level of human interaction.

The skills it imparts include: self-awareness, immediacy, clear communication, the ability to give and receive authentic feedback, increased awareness of group process.

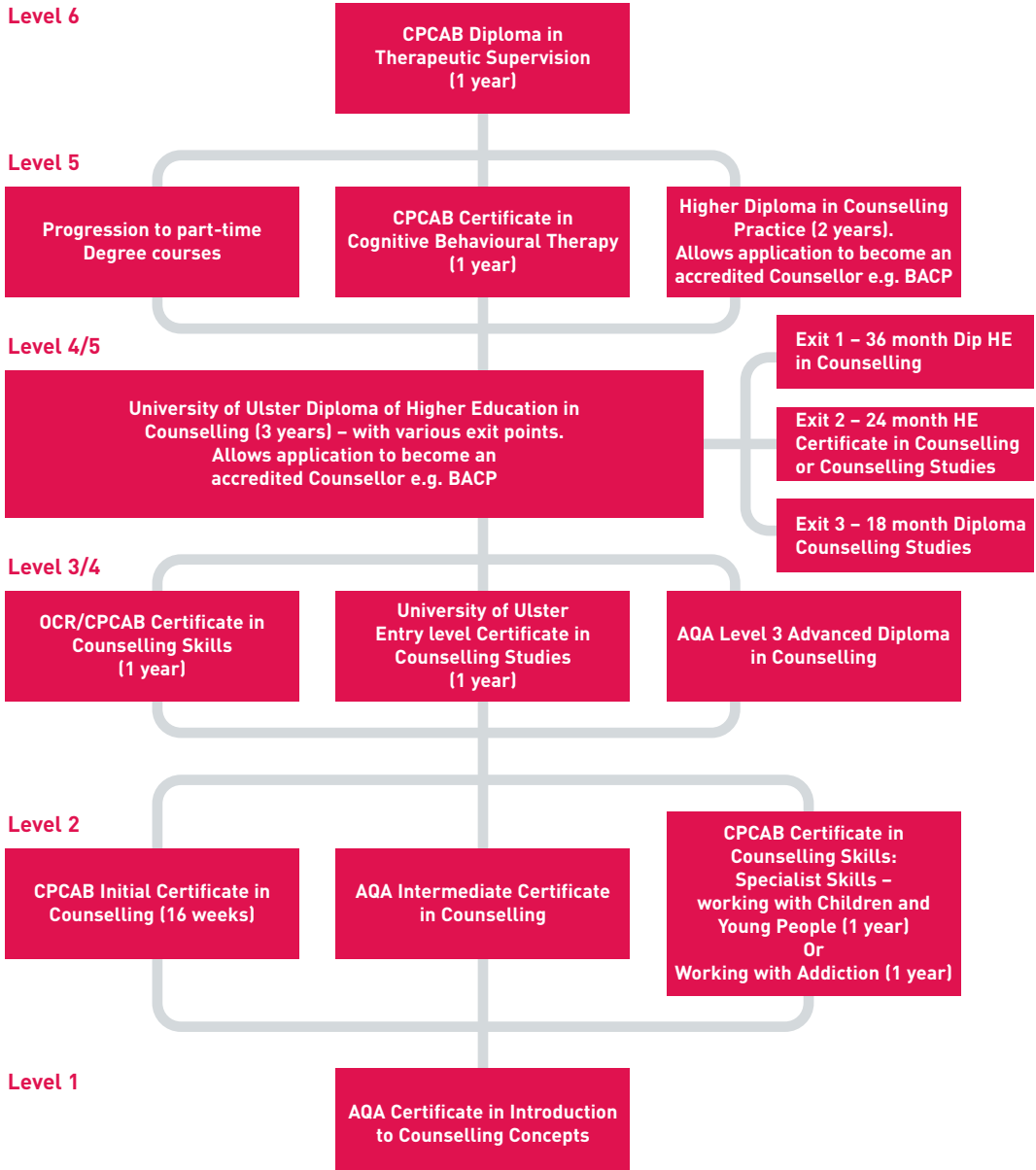
This course will introduce the basic concepts of Gestalt Therapy Theory through participation in open-ended, experiential group work. Each class will consist of an extended group work session led by the trainer, followed after a short break by theoretical considerations of the group's experience in the light of Gestalt Therapy Theory concepts.

### Certification/Accreditation

This course can form part of the AQA Diploma in Counselling (Level 3) or be taken on its own as a College-Certificated course. It can then be used as a Unit of Training for the purpose of BACP accreditation.



## Counselling – Progression Routes



## Professional Development (One Day Courses)

We are offering a series of One Day Workshops as part of our CPD provision. These courses are suitable for either students on a Diploma Counselling Course in preparation for Supervised Practice or for fully qualified counsellors who are doing their CPD.

### For further information contact:

roisin.horner@nrc.ac.uk or  
Gill Leith in Students Services,  
Antrim Campus on 028 9446 5132

<b>Child Protection Training</b>	–	Friday 16th October 2009
<b>Bereavement Counselling</b>	–	Friday 27th November 2009
<b>Counselling Young People</b>	–	Thursday 14th January 2010
<b>Working with Sexual Abuse</b>	–	Friday 22nd January 2010
<b>Working with Domestic Violence</b>	–	Friday 26th February 2010
<b>Suicide Awareness</b>	–	Thursday 18th March 2010
<b>Mental Health Training</b>	–	Friday 23rd April 2010
<b>Working with Trauma</b>	–	Thursday 17th June 2010
<b>Self Harm</b>	–	Thursday 29th August 2010

### NEW!

## CPD Residential Weekend

An exciting new professional development opportunity for all trainee or qualified counsellors.

## Working Creatively with Clients

A residential weekend inclusive of all meals, accommodation, tuition and learning packs in Rural College and Derrynoid Centre on the 12th-13th September 2009.

Price £170 (single supplement £12)

Rural College is a beautiful retreat for business and pleasure set in 250 acres of woodland. It has a fully equipped gym, sauna and hot tub.

Arrival Saturday 9.00am Registration and Coffee  
– Departure Sunday 4.30pm.

### For further information contact:

roisin.horner@nrc.ac.uk or  
Gill Leith in Students Services,  
Antrim Campus on 028 9446 5132

# Application Form for Courses Requiring Interview

2009/2010

Please complete all sections using BLOCK capitals.



**Note: This form only relates to courses where an interview is required** – for all other courses you do **not** need to fill in this form – **Enrol directly by phone, post or in person.**

## Courses

Course(s)

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Preferred Campus for interview:

Surname:

Title:

First Name(s):

Date of Birth:

/ /

Home Address:

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Postcode:

Telephone No:

Mobile No:

Email:

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## Education Support

The Northern Regional College welcomes applications from people with a disability, learning difficulty and/or medical condition. (This information will be treated in confidence.)

Do you require any extra help for the admissions interview?

Yes

No

Signature of Applicant:

Date:

/ /

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## For Office Use

Date Received:

Interview Time:

Interview Date:

Course Code:

Student ID No:

This form can be made available in alternative formats on request



# Aspire | Aim | Achieve

The Northern Regional College is committed to the promotion of equality of opportunity in all of its activities. We aim to ensure that we provide a supportive, fair, inclusive and welcoming environment for all staff, students and visitors free from any form of discrimination or harassment.

## Education Support

The Northern Regional College aims to enable people with a medical condition, learning difficulties and/or disabilities to access, participate and progress within and from learning programmes, through the establishment of appropriate support mechanisms. We are working towards an environment and curriculum which meets the needs of ALL students. It may be useful to arrange an exploratory interview to discuss what special facilities might be needed to enable you to study at the College.



Smoking is not permitted in any College building or enclosed area.










This Guide is available as a pdf document on our website at [www.nrc.ac.uk](http://www.nrc.ac.uk). If you require this document in another format that better suits your needs please let us know and we will try to make alternative arrangements.

Whilst the College makes every effort to ensure the accuracy of this publication (at time of press May 2009), it reserves the right to vary, add or delete any of the courses, or parts thereof, or any other facilities, matters of information referred to in this guide or any other literature, without prior notice.

All courses are subject to minimum enrolment numbers, maximum limits may apply.

e-mail: [info@nrc.ac.uk](mailto:info@nrc.ac.uk)

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	<b>NRC – Antrim</b> Fountain Street, Antrim, Co Antrim, BT41 4AL	T: 028 9446 3916	F: 028 9446 5132
	<b>NRC – Ballymena</b> Farm Lodge Buildings, Ballymena, Co Antrim, BT43 7DF	T: 028 2565 2871	F: 028 2563 1353
	<b>NRC – Ballymena</b> Trostan Avenue Building, Ballymena, Co Antrim, BT43 7BN	T: 028 2563 6221	F: 028 2565 9245
	<b>NRC – Ballymoney</b> 2 Coleraine Road, Ballymoney, Co Antrim, BT53 6BP	T: 028 2766 0401	F: 028 2565 9245
	<b>NRC – Coleraine</b> Union Street, Coleraine, Co Londonderry, BT52 1QA	T: 028 7035 4717	F: 028 7035 6377
	<b>NRC – Felden</b> Mill Road, Newtownabbey, Co Antrim, BT36 7BJ	T: 028 9085 6423	F: 028 9085 6411
	<b>NRC – Larne</b> 32-34 Pound Street, Larne, Co Antrim, BT40 1SQ	T: 028 2827 8855	F: 028 2827 3289
	<b>NRC – Magherafelt</b> 22 Moneymore Road, Magherafelt, Co Londonderry, BT45 6AE	T: 028 7963 2462	F: 028 7963 3501
	<b>NRC – Newtownabbey</b> 400 Shore Road, Newtownabbey, Co Antrim, BT37 9RS	T: 028 9085 5000	F: 028 9086 2076

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