

to the main counselling theories and encouraged to form their own integrative model of counselling which combines these within the overarching CPCAB model of practitioner development and proficiency. This consists of three parts which together set out what a trainee needs to learn to work as an effective helper or counsellor. These are:

- The seven processes that contribute to therapeutic change
- Three ways of understanding and working with therapeutic change
- Three levels of therapeutic change

These elements of the CPCAB model are foundational to the courses and are developed as students follow the progression route.

### 1. The seven processes that contribute to therapeutic change

- Working safely
- Working through the relationship
- Working with difference and diversity
- Focusing the work on the person being helped
- Working with self-awareness
- Working with theory, skills and techniques
- Working reflectively

### 2. Three ways of understanding and working with therapeutic change

- Working with the self in relationship with others
- Working with the history of the self
- Working with the structure of the self

### 3. Three levels of therapeutic change

- Working with a counsellor on common life problems
- Working with a counsellor to enable change and growth within the person
- Working with a counsellor on severe and complex mental health problems to enable change within the foundations of themselves

### APPLICATION

Applications for all counselling courses should be made online at [www.spurgeons.ac.uk](http://www.spurgeons.ac.uk)

### FEES

Full details of our fees can be found online at [www.spurgeons.ac.uk](http://www.spurgeons.ac.uk)

### FOR MORE INFORMATION

Visit our website at [www.spurgeons.ac.uk](http://www.spurgeons.ac.uk)  
Or contact our Admissions Registrar:  
[admissions@spurgeons.ac.uk](mailto:admissions@spurgeons.ac.uk)  
020 8653 0850 (ext. 201)



At Spurgeon's College our aim is to prepare men and women for Christian mission, ministry and leadership in the contemporary world. We hope that this information gives you a flavour of the range of courses we offer that have been specifically designed for students from a wide variety of backgrounds. Our admissions staff will be happy to advise and guide you if you have any questions. Alternatively, come and meet our academic staff at one of our Open Days or Open Evenings – see the website for dates.

**Rev Prof Philip McCormack MBE**  
*Principal*



# PROFESSIONAL COUNSELLING COURSES



Spurgeon's College, South Norwood Hill, London SE25 6DJ  
Tel: 020 8653 0850 Email: [enquiries@spurgeons.ac.uk](mailto:enquiries@spurgeons.ac.uk) [www.spurgeons.ac.uk](http://www.spurgeons.ac.uk)

Spurgeon's College is associated with the University of Manchester, a member college of the Baptist Union, a member of the Evangelical Alliance and a member of the Micah Network.  
Registered charity no 1096721 and a company limited by guarantee no 4418151 registered in England





At Spurgeon's College we offer three part-time professional Counselling courses. The courses follow the syllabus of the Central School for Counselling Training (CSCT) and are validated by the Counselling and Psychotherapy Central Awarding Body (CPCAB). Students who successfully complete each course receive a certificated qualification which is widely accepted in both Christian and secular settings.

Whilst the content of CSCT courses is not exclusively faith-based, they are delivered at Spurgeon's College by Christians. This provides a unique opportunity to study professionally recognised secular courses in a Christian environment. Students often find this a stimulating and rewarding experience

The courses are regarded as more than meeting the training component for accreditation with the British Association for Counselling and Psychotherapy (BACP).

### WHO?

The courses are suitable for individuals over the age of 19, and we welcome applications from all sections of the population. Some applicants are anxious about returning to study after a prolonged gap, but we offer a high level of tutorial support and encouragement and our students have experienced a great deal of success.

### WHEN?

**The Certificate in Counselling Skills (CSK-L2)** comprises 90 hours and is taught one day a week between September and the end of January each academic year.

**The Certificate in Counselling Studies (CST-L3)** also comprises 90 hours and is taught one day a week from the end of January till early June each academic year.

**The Diploma in Therapeutic Counselling (TC-L4)** comprises 420 hours and is taught one day a week from

## THE PROFESSIONAL CERTIFICATE IN PASTORAL SUPERVISION



This course is for Pastors, Ministers, Pastoral Care Team Leaders, Lay Ministers, Counsellors, Psychotherapists, Chaplains and Spiritual Directors to develop understanding and skills in reflective practice in pastoral and ministerial settings.

### WHAT ARE THE AIMS OF THE COURSE?

The current emphasis upon Ministerial Development means that the church needs practitioners with supervisory skills to facilitate creative reflection on the work of ministry. Within a widening variety of settings, chaplains have an important role to play in fostering skills of reflective practice – particularly in relation to spiritual care – within multi-disciplinary teams. In addition, Spiritual Direction is increasingly seen as a life-giving ministry to the whole church and spiritual directors also need opportunities to reflect on their practice and receive supervision for their work. The Professional Certificate in Pastoral Supervision has been developed to address this cluster of training needs. It is a substantial course, which draws on both theological and psychological understandings of the mission and ministry of lay and ordained Christians in a variety of settings.

### HOW WILL I LEARN?

The course operates as an ecumenical learning community where your working experience is valued as the raw material for learning. This is built upon through a variety of activities, including

facilitator and student-led seminars, small group experiential tasks and reflective practice demonstrations. Your development as a supervisor will be monitored through essay writing, seminar presentation, peer supervision activities and audio-taped sessions and assessed by yourself, your peers and the group facilitators. Assignments are designed to contribute to your practice and will form part of a portfolio of evidence of professional competence in Pastoral Supervision.

### WHO IS THE COURSE FOR?

This course, which has been running for 7 years, may be of interest to you if:

- you would like an in-depth understanding of pastoral supervision and effectively use it to support your ministry
- you would like to foster and develop skills in spiritual care within multi-disciplinary teams
- you would like to extend your existing line management capacity, by offering supervisory input and reflective practice to team members
- you would like to draw on both theological and psychological understandings of Christian mission and ministry in a variety of settings
- you would like to offer non-threatening supervision and reflective practice to a range of pastoral practitioners.

### HOW DO I QUALIFY?

This course is suitable for you if:

- you are currently engaged in pastoral and ministerial work in your context
- you have supervisory responsibilities within your setting
- you have at least 2 separate situations (group/individual) in which you offer pastoral supervision or you wish to provide it
- you have good listening skills
- you comply with your professional Code of Ethics.

### WHAT WILL I GAIN ON COMPLETION?

On successful completion:

- you will be able to give and receive pastoral supervision, working as a reflective practitioner with individuals and within groups
- you will have met the training requirements for accreditation with APSE (The Association for Pastoral Supervision and Education) [www.pastoralsupervision.org.uk](http://www.pastoralsupervision.org.uk)
- The 'The Professional Certificate in Pastoral Supervision' is awarded by the Institute of Pastoral Counselling and Supervision ([www.pastoral-counselling.co.uk](http://www.pastoral-counselling.co.uk)). The course was originally developed in conjunction with the Diocese of Southwell & Nottingham and is recognised by the APSE.

We hold regular taster days for this course. Bookings can be made online at [www.spurgeons.ac.uk](http://www.spurgeons.ac.uk)

September to June over two academic years. There are also five Saturday workshops in each academic year.

In addition Spurgeon's College offers a non-validated Level 1 course each spring and autumn in the form of a ten week evening class **Introduction to Counselling**. This short course is especially suitable for those who find themselves

in helping situations in church or at work, and for those who wish to see whether further counselling training is for them.

Each course focuses on counselling skills training, theory and raising self awareness. The courses are practical and experiential as well as theoretical. Students are exposed