

The Diploma in Relational Counselling

Starting August 2020

This 2-year specialist Diploma in Relational Counselling (25 days training each year) will equip counsellors with the theory, understanding and skills to work inter relationally on a wide range of issues. The customised award has been credit rated by **SQA** at Level 11 on the **Scottish Credit and Qualifications Framework (SCQF)** with 120 credit points and has initial validation by **Counselling and Psychotherapy in Scotland (COSCA)**.

The Diploma in Relational Counselling takes an Integrative approach to counselling, drawing upon humanistic and cognitive behavioural counselling orientations. The course covers all issues impacting on relationships. Psychoanalytic adult attachment theory (Jeremy Holmes) is a major focus, looking at how attachment histories affect all aspects of life. The Skilled Helper Model (Gerard Egan) is used as a guiding framework.

Offering a mix of theory, personal development and skills practice, the course will encourage students to explore their own attitudes, deepen knowledge and understanding and develop skills appropriate to inter-relational counselling.

The 25 days of training are usually delivered face-to-face, however in the current COVID19 crisis the course has had to be adapted. Subject to government guidelines we are planning dual delivery, that is, part face-to-face with appropriate social distancing and part online.

For more information go to <https://www.thepark.org.uk/professionals>