



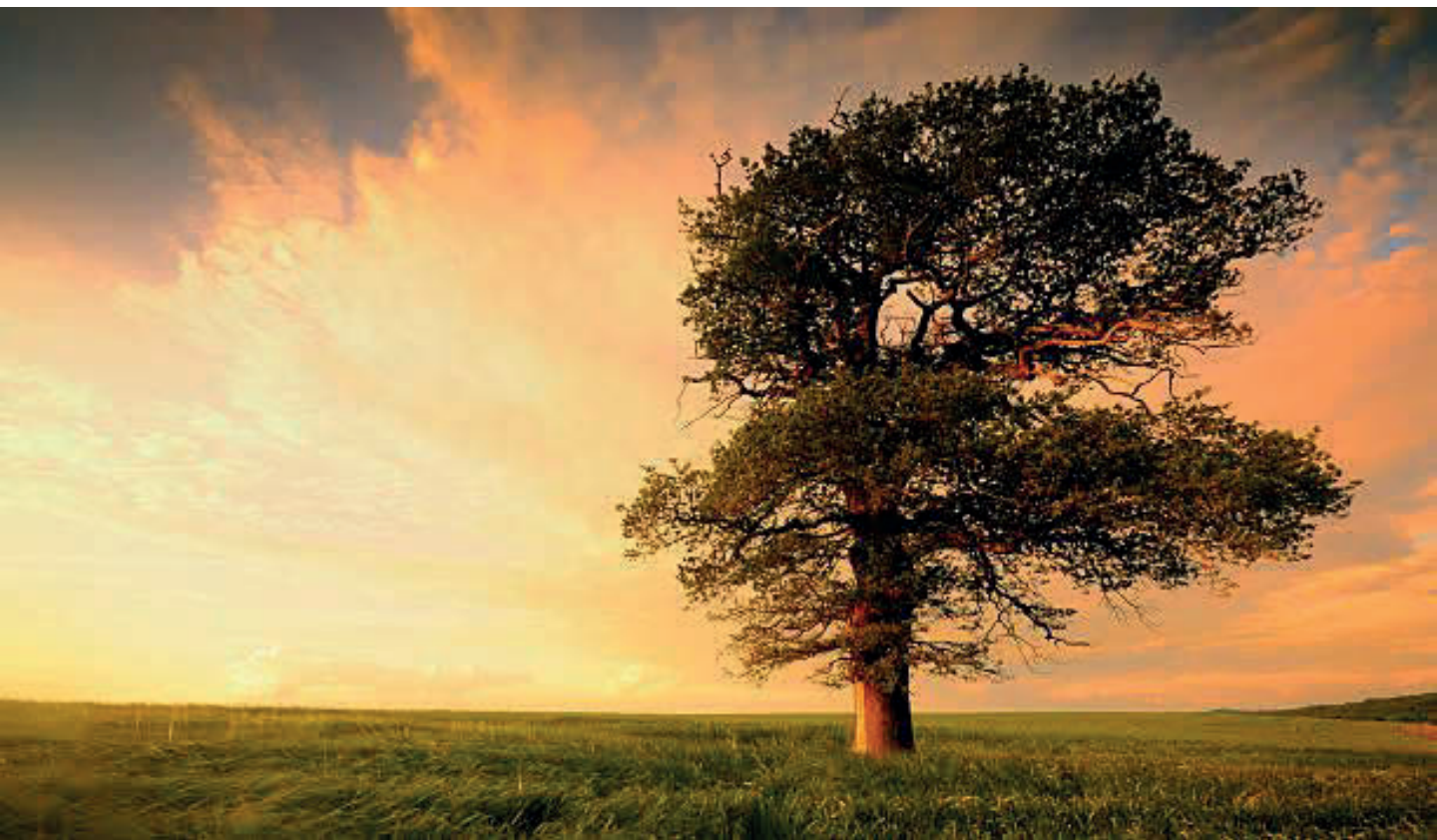
Diploma in Humanistic and Integrative Therapeutic Counselling

**Working With Children, Teenagers, Young People,
Adults, Families and Communities**

This training includes SCoPEd competencies from columns A and B across the life course

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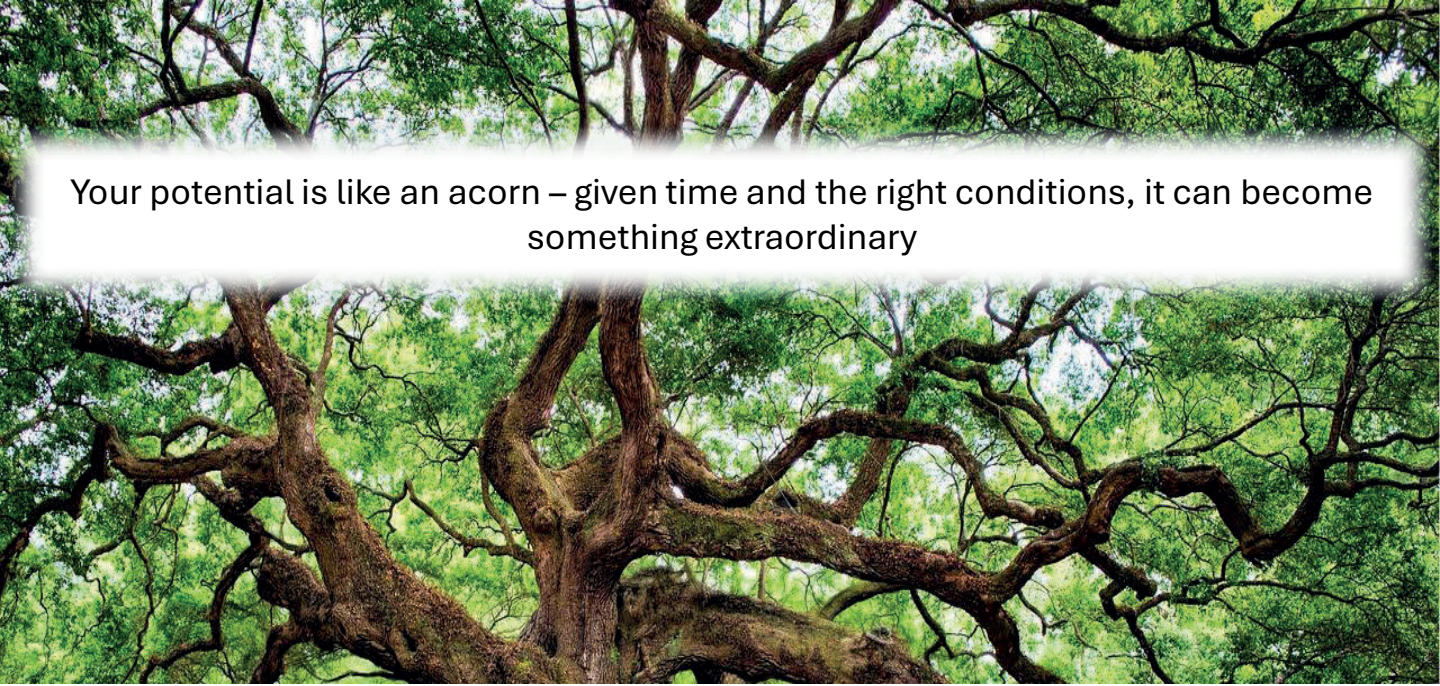




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“The course tutors are really committed and passionate.”



Your potential is like an acorn – given time and the right conditions, it can become something extraordinary

“I look back at where I started and now see where I am. I am honestly astounded with, not only the job I am doing, but with the knowledge and learning that I have gained. This is now so deeply engrained into me, that it is second nature. The tutors and fellow students have supported me and taught me in a way I never thought was possible. I am so grateful and have made friends, and now colleagues, who I can contact whenever. Not bad for someone who got expelled at 15 with no qualifications!”

“Embarking on the training was quite a leap of faith for me, but one which was absolutely worth it. The course was a hugely impactful journey of professional and personal discovery and evolution, full of deep learning. It has led to a new career which is as fulfilling and rewarding as it is demanding. I am so grateful to the tutors, fellow students, colleagues and friends I met along the way. Being part of this vibrant compassionate wellbeing community since completing the training, has given me new purpose.”





Welcome to the Diploma in Humanistic and Integrative Therapeutic Counselling

This therapeutic counselling training was initially inspired and commissioned by Camila Batmanghelidjh, who requested that we develop a high-quality academic training based in compassionate presence. This was to be accessible to all and applicable to the real world.

Sixteen years later the training has continued to grow and flourish, and in keeping with her legacy, is available to anyone who wants to make a difference to the mental health and emotional wellbeing of individuals, organisations and communities

Throughout this period, the course team have worked in partnerships with two Universities, including the London Metropolitan University and the University of East London. Since this the aims has been to deliver affordable training more widely, working with the National Counselling and Psychotherapy Society (NCPS)

This is a part-time, four-year course which has developed out of three decades of practice-based learning and research in a wide variety of settings.

The approach is humanistic and integrative, sharing influence from classical thinkers in the fields of counselling and psychotherapy, as well as contemporary innovations, bringing a wellspring of inspiration for therapeutic application.

The theory and philosophy are pluralistic, so that each student can bring their own unique world view, presence, and personality, acquiring knowledge, skills and experience through their practice-based learning. This is informed by The Anti-Discriminatory Focus (TADF)

The teaching team are committed to working with diverse perspectives in a holistic, systemic, relational and developmental culture, which enables creativity, growth and learning.



Ten Reasons Why Students May Want to Train with Us?

1. Train to Work with All Ages and Stages of Life

This Training equips you to work with children, adolescents, young people, and adults, giving you a unique and comprehensive skillset which reflects real-world practice that makes a difference.

2. A Legacy of Innovation from Diverse Communities

Co-produced in schools, youth and community services in London, this training was born out of necessity in frontline experience, learning with and from those in need, not just in theory, but what truly works.

3. Blend of Classical and Contemporary Approaches

Designed for today's fast-moving, multicultural society, this has the best of both worlds with traditional therapeutic theories alongside modern, research informed, creative practice.

4. Develop Contextual Thinking and Understanding

Learn to understand clients in their own cultural context, rather than in isolation, understanding the relational, social and environmental factors that have shaped adults' mental health and children's emotional wellbeing.

5. Creative and Flexible Practice Skills

Go beyond traditional talking therapies to engage with creative and symbolic media, applying practical 'whole solutions' and 'whole intelligence' to working with a wide range of complex presenting issues.

6. Strong Focus on Assessment and Client Needs

Build confidence in assessment and collaborative formulation, tailoring creative and relational approaches to the needs of each individual and community, ensuring work is culturally attuned, safe, ethical, and effective.

7. Integrated Child, Teenager and Adult Perspectives

This course recognises you cannot separate out the 'inner child' or 'inner adolescent' from the adult. This works developmentally with all ages and stages through insight into long term impacts of family systems on wellbeing.

8. Hands-On Experience in Placements

Combining theory with meaningful, real-world placements across the age range, allows you to develop the vital practical knowledge, skills and competencies required to build professional confidence and expertise.

9. Designed for both Newcomers and Working Professionals

With just twelve weekends each year, the course is structured to fit around full-time work, making high-quality experiential, creative and academic training accessible and available, without putting your life on hold.

10. Join a Purpose-Driven Learning Community

Being part of a highly motivated, supportive, multicultural teaching and learning community is inspiring, working with and alongside people who are committed to improving mental health outcomes and creating lasting social impact.



Who Can Apply

Anybody who is interested and committed to making a difference to the lives of children, young people, organisations, families and communities. This includes the dedication to work towards these overall aims.

This course makes an excellent introduction to the field of ideas and practice. It can be valuable for anyone who may be considering changing or enhancing their career to further their Continued Personal and Professional Development. It is also a full professional training for anyone starting out in a new vocation.

Previous students have come from many varied backgrounds, including, young people, professionals, teaching, teaching assistants, early years practitioners, arts practitioners, parents and grandparents, creative health practitioners, volunteers, sports facilitators, educational psychologists and medical professionals. You do not need to have been an established professional to apply to this course.

Prospective students need to be able to:

- Demonstrate a suitable level of English to study at undergraduate level
- Demonstrate enough academic ability to complete the course requirements
- Demonstrate the personal qualities needed for therapeutic training
- Demonstrate the personal readiness required for therapeutic training

We can evaluate this with and alongside you in the application and interview process.

“I totally enjoyed being part of this training. The tutors were very supportive and I learnt many concepts and skills that have been valuable to me in my work.”



Therapeutic Counselling Across the Life Course

Making a Difference to the Lives of Adults, Children, Young People, Families, Organisations and Communities

Therapeutic counselling training helps you to develop therapeutic presence, with the ability to inspire creativity and recovery through human relationships. This holistic approach is tailored to the needs and capabilities of each individual client, at different ages and stages of life, in the context of their own unique presenting issues, cultural context, lived experience and personal circumstances.

Informed by theories of human development, mindfulness and compassion, this is an attachment based, trauma and adversity informed approach. This enables people to develop self-awareness, self-confidence, self-esteem, communication and social skills, identity and self concept, emotional regulation, agency, motivation, resilience, recovery and human potential.

Therapeutic counsellors can work in multi-disciplinary teams, working with and alongside youth work, social work, mental health, participatory arts, therapy and education. Therapeutic Counselling recognises the necessity to provide tailored support for each individual client's needs in context, with awareness of cultural diversity, equity, adversity and complexity.

Our graduates work in education, health, social care, youth and community settings, as well as adult mental health services, charity and independent sectors. Therapeutic counselling practice can be enhanced with a research informed approach to mental health and emotional wellbeing. Professional practice includes safe and effective child protection, safeguarding adults at risk and ethical decision-making in practice.



YEAR 1 INTRODUCTORY FOUNDATION

Therapeutic Counselling Skills for Adults and Children (Equivalent Level 4)

This foundation stage of the training in therapeutic communication skills for adults and children enables students to commence learning about the basic principles of professional practice, knowledge, skills and ethical frameworks for therapeutic counselling.

This introduces a wide range of key concepts and theoretical influences from the field of counselling and psychotherapy. Placements are for contextual familiarisation, and practice-based learning, being in a supportive role in a professional setting.

Year one includes becoming familiar with the course philosophy, values and experiential learning. This enables awareness of the systems for safeguarding adults who are at risk and child protection.

“I feel the course has enabled me to connect with my true self, which is essential to the work. When I am working, I feel a kind of tap route through me down to the community of which we are all a part, that holds us and enables confidence. I am so grateful to be part of this community. The sense of belonging which this gives me is the bedrock on which we are all standing now.”



YEAR ONE MODULES

Module	1	Holistic Approaches to the Client in Context
Module	2	Applied Therapeutic Thinking
Module	3	Creative and Relational Therapeutic Counselling Skills
Module	4	Safeguarding Human Development and Wellbeing

CURRICULUM COVERS:

- Introducing a holistic, integrative and relational approach to therapeutic counselling.
- Discovering the core conditions for relational therapeutic counselling practice.
- Fundamental values, principles and core competencies for therapeutic counseling.
- Learning therapeutic counselling skills for all ages and stages, across the life course.
- Introducing theories, key concepts and influential ideas from the field of counselling.
- Awareness of the contexts and settings for service delivery of therapeutic counseling.
- Introducing ethical frameworks, practice guidance, safeguarding and child protection.
- Understanding impacts of relationships and challenging experiences across a lifespan.
- Awareness of Adverse Childhood Experiences and implications for lifelong wellbeing.
- Understanding the importance of attachment, child development and neurobiology.
- Recognizing risk, assessment, acting to keep children, young people and adults safe.
- Ability to communicate and offer support to adults, children and young people.
- Awareness of difference, inequalities, and understanding of diversity and inclusivity.
- Listening skills, play, creative expression facilitation through the language of the client.
- Awareness of the Team Around the Child, inter-disciplinary and multi-agency working.
- Understanding legal, policy and ethical frameworks as well as professional supervision.

“I feel incredibly fortunate to have been part of a programme where the standard of teaching, supervision, and support has been consistently high. I have been taught with great care and thoughtfulness, and always felt genuinely supported, both academically and personally. The training has been rigorous and reflective, a big challenge, and one I feel proud to have completed.”



YEAR 2: FOUNDATION INTERMEDIATE

Therapeutic Counselling Skills in Professional Context (Equivalent Level 5)

In year two, students commence professional placements as trainees in therapeutic counselling, acquiring knowledge and skills, working in organisations and communities. The training evolves to include assessments which evaluate students' therapeutic work with clients in progress. This includes increased understanding of mental health systems, interdisciplinary and multiagency practice. Placements begin when the student evidences the personal readiness required for working therapeutically with the emotional intensity of clients who may have had painful life experiences.

Students can offer therapeutic mentoring, key-working or creative group work, applying therapeutic counselling skills through a range of activities within organisations and communities. Year two also enables students to start the process of commencing their own research through a formal written case study proposal and delivering a community wellbeing presentation. This curriculum is available on a creative health route for students who are not in counselling placements.

“This course has been truly transformative on so many levels: personal, professional, emotional and relational, to the extent that it has genuinely bettered my soul. “



“The practical nature of the course assessments have prepared me for so many real-world experiences, the creative element of the reflective journals and facilitation practice have deepened my self-awareness and strengthened my therapeutic practice. In many ways, this has been the best training I’ve ever done in my life.”

YEAR TWO MODULES

Module	5	Multi-Disciplinary Perspectives
Module	6	Creativity, Human Potential and Wellbeing
Module	7	Research and Evaluation
Module	8	Creative Approaches to Community Wellbeing

CURRICULUM COVERS:

- Contracting and assessment skills for working ethically, evaluating client needs in practice
- Developing an effective working alliance for all ages and stages in therapeutic relationships
- Maintaining professional boundaries in relationships: clients, colleagues and organisations
- Researching and evaluating multi-factorial influences on adult and child emotional wellbeing
- Presenting issues and associated risks for adults and children in therapeutic counselling
- Research and communication about the challenges and opportunities in therapeutic practice
- Identifying client needs in context and making appropriate assessments and referrals
- Maintaining therapeutic relationships with adults or children working with rupture and repair
- Consulting with parents, carers and multi-disciplinary professionals making use of supervision
- Facilitating relational play, reflecting on clients lived experiences at all ages and stages of life
- Advocating and mediating in rights-informed approaches to therapeutic counselling in action
- Facilitating community wellbeing based on creative and relational therapeutic approaches
- Reporting on work in progress and maintaining notes in accordance with organizational policies

“What a magical mystery tour of the self. I will never have the words to describe how validating, how connecting and how securing this course has been, reawakening parts I’d forgotten and developing tools for my own emotional strength, whilst setting me firmly on my own path. The learning, the support, the guidance and the friendships. Thank you.”



YEAR 3: PROFESSIONAL

Therapeutic Counselling with Children and Young People (Equivalent Level 6)

Year three strengthens understanding of work with children and teenagers including a wide range of presenting issues and client needs in cultural context. This covers mental health challenges in adolescence, with consideration of the wider systems of care in statutory, charity, voluntary and independent provision. It promotes creative leadership, increased understanding of the impacts of social injustice on mental health and integration of the interdisciplinary relational skills to be effective in systemic context.

Year three placements can include offering psychoeducation for parents, carers or teachers, engaging in facilitating reflective practice and consultation with multi-disciplinary professionals and colleagues. This also includes working specifically with teenagers and young people with awareness of complex presenting issues, intersectionality and the challenges which they can face in contemporary context.

Year three enables students to engage in more depth with the use of self in relational skills, relational ethics, creative facilitation and therapeutic presence, culminating in a substantial practice-based research case study, on therapeutic counselling and an advanced therapeutic counselling skills facilitation.

“A transformational course that reshaped my life and set me on a completely new path in my future life.”



DIPLOMA IN THERAPEUTIC COUNSELLING FOR CHILDREN AND YOUNG PEOPLE (21 DAYS TEACHING, ASSESSMENTS OVER WEEKENDS AND 30 HOURS ONLINE)

YEAR THREE MODULES

Module	9	Integrative and Relational Skills
Module	10A	Therapeutic Counselling: Teenagers and Young People
Module	10B	Child Therapeutic Counselling: Case Study Support
Module	10C	Site of Integration: Personal Growth and Community

CURRICULUM COVERS

- Delivering therapeutic counselling effectively for children, teenagers and young people.
- Managing professional boundaries, ethical decision-making with congruence and skill.
- Embedding whole intelligence and whole solutions including context, identity and equity.
- Ongoing review, including risk factors and protective factors in therapeutic counselling.
- Undertaking assessments and risk assessments in accordance with effective safeguarding.
- Working in depth with unconscious process, active imagination, dreams in counselling.
- Documenting and tracking the client's process over time through the case study research.
- Researching the impacts of therapeutic counselling working with children and young people.
- Assessment and collaborative formulation: reflecting in dialogue with clients of all ages.
- Mindful engagement with outcome measurement tools to evaluate diverse client needs.
- Researching and evaluating the impacts of social injustice on mental health and wellbeing.
- Delivering psychoeducation for parents, carers and professionals in interdisciplinary practice.
- Providing creative leadership, offering reflective practice in teams for community wellbeing.
- Articulating core therapeutic model, integrate theory with practice and manage self-audit.
- Presenting, discussing and evaluating professional therapeutic work, including aims and visions
- Enabling self-responsibility, belonging, agency, self-awareness, confidence and wellbeing.



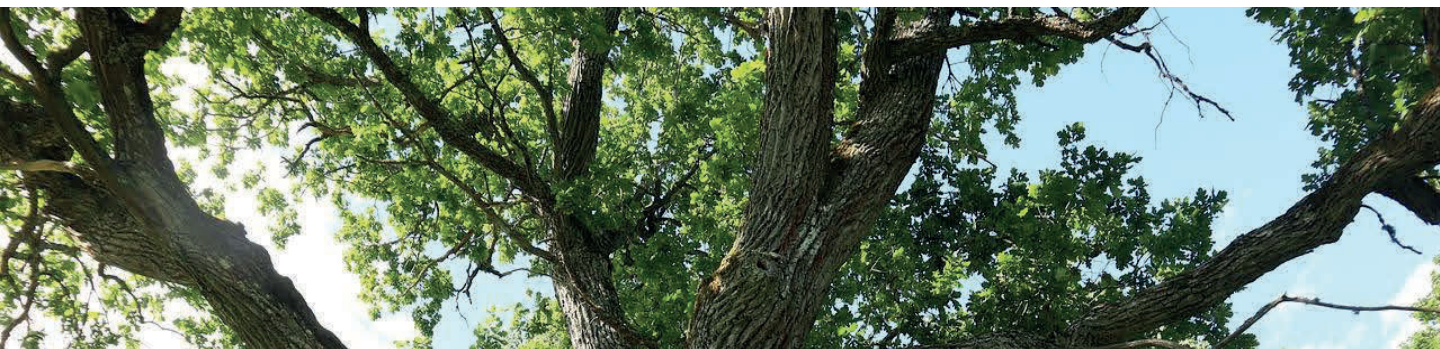
YEAR 4: ADVANCED PROFESSIONAL

Humanistic and Integrative Therapeutic Counselling (Equivalent Level 7)

Year four consolidates the student's journey and enables heightened awareness of the principles, values and ethics required for professional independent practice. The course is designed to help trainees in setting up mental health provision in schools and organisations where therapeutic counselling is much needed. Students can facilitate cultural change in organisations towards increased emotional wellbeing, enhancing critical and compassionate self-reflexivity through personal therapy, autoethnographic research presentations, self-audit, and self-evaluation of their practice.

This consolidation phase as a humanistic and integrative therapeutic counsellor enables a thorough synthesis of knowledge and experience, and the integration of theory and practice. This includes preparation for practice management, working as an autonomous and self-responsible, independent professional therapeutic counsellor. This promotes commitment to the principles of transparency and accountability, lifelong learning and ongoing supervision. The final year also enables increased self-awareness, embedding respect for diversity, equity and understanding of the development of self in context. Students are supported to fulfill their human potential and explore autoethnographic themes in therapeutic counselling. This requires collaborative formulation through research forums, written work and supervision, demonstrating humanistic and integrative therapeutic counselling skills in action.

“What an incredible experience, hugely rewarding, challenging, though provoking and re-affirming.”



DIPLOMA IN HUMANISTIC AND INTEGRATIVE THERAPEUTIC COUNSELLING

21 DAYS TEACHING AND ASSESSMENTS (30 HOURS ONLINE)

YEAR FOUR MODULES

Module	10C	Site of Integration: Personal Growth and Community
Module	10D	Therapeutic Counselling: Principles, Values and Ethics
Module	10E	Therapeutic Counselling: Advanced Work With Adults
Module	10F	Therapeutic Counselling: Preparation for Professional Practice

CURRICULUM COVERS:

- Critical reflection, inquiry, analysis and evaluation of theory, philosophy and practice
- Providing safe and effective humanistic and integrative, therapeutic counselling practice.
- Facilitating therapeutic counselling both in person and online with ethical decision making.
- Underlining the core therapeutic conditions for personal growth and self-development.
- Integrating knowledge and experience of therapeutic counselling across the life course.
- Exploring narrative and relational, enquiry-based research in therapeutic counselling.
- Considering impacts of childhood, social and cultural contexts and the origins of mental health.
- Considering physical, cognitive, social, emotional, spiritual domains of human development.
- Understanding the contextual influences on human development and personal growth
- Managing assessments and risk assessments with all ages and stages in person and online.
- Applying the Equality Act and work with an embedded approach to equity, culture and identity.
- Building trusting working alliances for assessment, collaborative formulation and review.
- Working professionally with a wide range of diverse presenting issues in therapeutic practice.
- Facilitating meaningful contact and life changes in therapeutic relationships over time.
- Applying knowledge of research and theory to support complex mental health conditions.
- Working with unconscious relational dynamics with empathy and compassionate presence.
- Demonstrating autonomous and accountable professional practice management in action
- Commitment to professional standards, supervision and lifelong personal growth and learning.
- Self-audit, evaluation, self-appraisal, ongoing personal and professional development.

“As a heavyweight boxing champion, I would say this
course can pack a punch.”



Requirements For Entry To Training

Applicants must be able to demonstrate:

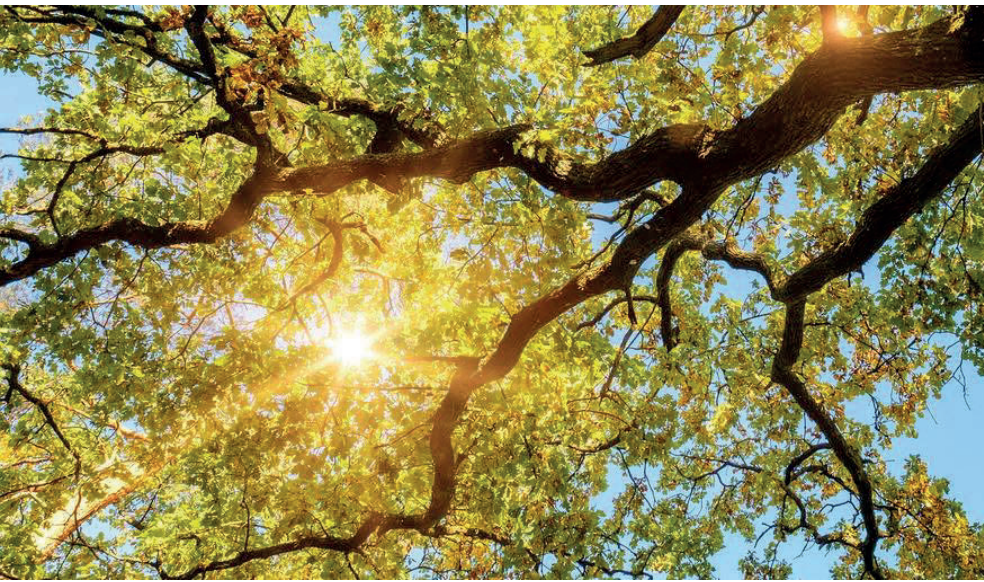
- A genuine interest in and capacity for therapeutic work
- Emotional stability, resilience, and self-awareness
- Willingness to engage in personal development and therapy.
- Ability to reflect with self and others in relationships.
- Good communication, interpersonal skills and ability to play
- Academic readiness for the level of study (or equivalent professional experience).
- Commitment to ethical conduct and professional standards.

Application Process

The application process is as follows:

1. Download and complete the application form
2. On the application for select one of the available information evening and experiential interview days
- 3 Send completed form to the email address on the top of the forms.
5. Obtain your two references and send to the course convenor
6. The course convenor will acknowledge receipt of your application and confirm open day and interview.
7. Attend the open day, witness our presentation and participate in group work and interview.
8. Successful candidates will be provided with a confirmed or conditional place on the course

“The course gave me a safe space to step out of my comfort zone and grow in ways that I didn't know was possible. I now work relationally and creatively with children and adults to support their ongoing development.”



“Without the opportunity of a scholarship, I would never have been able to do a training like this. It has changed my life.”

Course Fees

Course Fees: £3,750 per year

Additional Costs

- Supervision (minimum 15 sessions each academic year)
- Therapy (Minimum 50 sessions over the course of the training)
- DBS
- Personal Indemnity Insurance
- Travel Expenses
- Accommodation (if applicable)

The costs for supervision and therapy vary according to each individual practitioner

Personal Therapy and Supervision can range from £50 - £80+)

“It was a very enriching course with inspiring teaching. I can’t recommend it enough.”



We look forward to meeting you at one of our information evenings, talking more about the training in our presentation and hearing more about you in your interview.

Please check our website for dates and further information about the course.

www.oasistherapeuticeducation.org

[Oasis St Martins The Village](#)

Please download an application form and share more about what your hopes, dreams and visions for a future career as a therapeutic counsellor across the lifespan.

“I totally enjoyed being part of this training. The tutors were very supportive, and I learned many concepts and skills that have been valuable to me in my work.”