



## **LOTUS TRAINING For Counselling and Mindfulness**

**Two Year Diploma in Mindfulness-based  
Therapeutic Counselling**

**@ Crownhill Fort, Plymouth.**

### **Professional counselling training at Level 4**

A thorough and extensive grounding in the theory and practice of mindfulness in relationship, specifically oriented to counselling practice.

**Qualification awarded by CPCAB,  
with 120 Open University credits towards a Foundation Degree  
in Counselling.**

**Course accredited by CPCAB and run by BACP accredited  
Counsellors and UKCP accredited Psychotherapists.**

**This is an evening course.  
It will run on Thursdays between 5.30pm-9.00  
with some Saturday workshops.**

**Starts April/Sept 2016**

## The course is intended for

- . Anyone wanting a professional counselling qualification
- . Qualified professionals seeking to deepen and enhance their work and increase their sense of personal enrichment
- . Workers in challenging caring or health profession roles, who feel stressed or in need of support, validation and clear guidance concerning supporting both themselves and their clients
- . Practitioners seeking in depth training in counselling
- . Those who are interested in Mindfulness and would like to experience an in-depth training as a personal resource.
- . Those interested in undertaking some substantial CPD in a rich and supportive learning environment
- . Those attracted to the Karuna Institute's Core Process and Mindfulness Psychotherapy model, who may not wish to attend psychotherapy training, including students who have completed one of our Introductory or Foundation programmes
- . We welcome enquiries from anyone who can show they have successfully completed a Level 3 Counselling training, or have appropriate equivalent experience (APL)

We have external accreditation for this course with CPCAB, the central awarding body for counselling trainings.

Students will be awarded a nationally recognised qualification on successful completion of all course requirement. This also provides 120 credits towards an Open University Foundation degree in Counselling.

Each session of the course is mapped to extensive learning outcomes and criteria.

Course participants will develop an extensive repertoire of advanced counselling skills, combined with an understanding - in both theory and practice - of our model of *mindfulness in relationship*, and working in *the relational field*.

Our work is designed to support and hold the practitioner equally with the client, and to bring nurturing qualities of mindfulness, spaciousness, warmth and compassion into your own everyday work and relationships. We recognise that many working environments are less than ideal, and also that many clients - and indeed colleagues - are stressed and traumatised.

We offer a unique blend of skills and resources that are empowering and which enhance wellbeing.

At the same time, we aim to create a learning environment that is both safe and nurturing, stimulating, and constructively challenging.

## Two Year Diploma in Mindfulness Based Therapeutic Counselling (CPCAB Accredited) -Level 4

This is a structured professional training that will be delivered through personal experiential learning, group enquiry, reflective practice, skills training, live supervision, tutor presentations, seminars, mindfulness practice and workshops.

There will be self, peer and tutor feedback and support, and also formal assessments and assignments. The emphasis is on practical skills training and experiential learning, including group inquiry, but we welcome students with diverse learning styles. Wide reading and lively discussion will be encouraged. Individual tutorials will be available, where your individual learning needs can be explored and supported.

Our theoretical base is humanistic and existential, integrated with the Core Process model of mindfulness in relationship, and supported by mindfulness teaching and traditions drawn from Buddhist psychology.

### **Course Requirements**

There is ongoing assessment throughout the course, based on your skills practice work and interaction with your peers, a written assignment each term, and also an examination in the final stages.

Students are asked to engage in supervised counselling practice in an appropriate agency setting, and your learning from this experience is an integral part of the course.

Full attendance is required except in exceptional circumstances.

Students are also asked to attend some individual psychotherapy or counselling, (a minimum of 20 sessions completed before the end of the course) with either a UKCP Registered psychotherapist or a BACP accredited counsellor) and you may also need to attend professional supervision for your counselling practice work (if appropriate supervision is not supplied by the agency where you see clients.)

Prospective students should factor in the potential costs involved. Students will be asked to complete a training contract, where you will be asked to make a commitment to complete both training years. All fees and costs will be clearly stated and explained when you complete your application.

**This course has been designed by experienced Karuna trained psychotherapists. It is a new counselling training, where tried and tested principles, teaching and learning methods, and therapeutic models are brought into the counselling context. The trainers on this course are experienced counselling trainers and are also fully qualified and practising counsellors and psychotherapists.**

*We welcome enquiries from students with dyslexia and with disabilities, and we welcome diversity and difference in our learning community. We welcome applicants regardless of ethnicity, sexual orientation, religion or disability, and we particularly welcome students from minority groups.*

**Two Year Diploma in  
Mindfulness based Therapeutic Counselling  
Qualification awarded by CPCAB. 120 credits from the Open  
University Foundation Degree in Counselling**

Please contact one of the tutors to discuss the course and your possible application; entry is by interview, following completion of your application form, and demonstration that you have completed previous counselling skills training, or equivalent, up to at least Level 3.

Application Forms are available from the office and from the tutors.

**Core Staff:**

**Julie Jeffs (Reg MBACP, UKCP Reg) and Heather Morfett (MBACP Accredited)**

Tutors are Julie Jeffs MA, and Heather Morfett who are both experienced registered psychotherapists and or counsellors, supervisors, group facilitators and counselling trainers, with guest staff. Julie is the director of the Waterloo Wellbeing Centre, and Heather runs a successful private practice at Centre. Both tutors maintain an active therapeutic practice as well as teaching. Guest tutors will be brought into the training throughout the two years.

**Contact Information**

**Julie Jeffs**, The Waterloo Wellbeing Centre, 191 Devonport Road, Stoke, Plymouth PL1 5RN. [www.psychotherapyplymouth.co.uk](http://www.psychotherapyplymouth.co.uk). Please contact the core tutor in the first instance with any enquiries.

**Tutors:**

Julie Jeffs: Tel 01752 560002 (Centre Landline) email: [juliejeffs@blueyonder.co.uk](mailto:juliejeffs@blueyonder.co.uk)

Heather Morfett: 07941915265 email: [heathermorfett@hotmail.co.uk](mailto:heathermorfett@hotmail.co.uk)

**Course Fees, costs and further information**

£2100 per year; this includes a non-refundable application fee of £50. (If your application is successful, this will be deducted from the course fee)

**The course will be taught on Thursday evenings starting September 2015, 5.30pm - 9.00pm with some additional Saturday workshops.** There are approx 210 contact hours, and the maximum group size will be 16 students.

There is a 3-day residential Mindfulness in Relationship group retreat in the second year, and you are asked to pay the residential fees separately. We also ask for a £20 fee at the beginning of each year to go towards the cost of supplying teaching materials