

Training By Liberty Limited



Newsletter

May 2024

What's coming up?

Delighted to continue to offer valuable face to face and online CPD that will not only add to your knowledge but also positively impact your practice.

We have new courses and returning favourites along with our NCPS Advanced Specialist programmes for working with Children & Young People and becoming a Supervisor. Check out information on Understanding the Law around Adoption and how that impacts practice as well as exploring Pre-Therapy: a way to contact clients that are difficult to meet in the therapeutic space.

Timetable for Academic Year 2024/2025

June		
Wednesday 5 th June	5 week introduction to counselling course begins	Face to face, Rochford
July		
Saturday 20 th July	After the Classroom	Face to Face, Rochford
Wednesday 24 th July	Emotional Wellbeing Workshop 1: wellbeing	Face to face, Rochford
Thursday 25 th July	Emotional Wellbeing Workshop 2: Emotional Classification	Face to Face, Rochford
Wednesday 31 st July	Emotional Wellbeing Workshop 3: Emotional Resilience	Face to Face, Rochford
August		
1 st August	Emotional Wellbeing Workshop 4: Emotional Eudaemonia	Face to Face, Rochford
September 2024		
Monday 9 th 18:30 to 21:30	Working with CYP: A workshop NCPS Quality Checked	Face to face, Rochford
Tuesday 10 th 18:30 to 21:30	NCPS Accredited Counselling Practitioner Year 2 returns	
Wednesday 11 th 09:30 to 12:30	NCPS Accredited Counselling Practitioner Year 2 returns	
Wednesday 11 th 18:30 to 21:30	NCPS Quality Checked: Certificate in Counselling (Level 2/3 equivalent)	Face to face, Rochford
Thursday 12 th 18:30 to 21:30	NCPS Accredited Counselling Practitioner Year 2 returns	
Thursday 12 th 18:30 to 21:30	NCPS Accredited: Counselling Practitioner Diploma Year 1 begins (Level 4 equivalent)	Face to face, Rochford
Monday 16 th 09:30 to 12:30	Advanced Specialist: Supervision Online begins 20 week course spread over 30 weeks	Online: via Google Classrooms
Monday 16 th 18:30 to 21:30	Advanced Specialist: Working with Children and Young People This is a 20 week course (spread over 30 weeks) that prepares you for working with Children & Young People	Face to face Rochford, Essex
Thursday 19 th 09:30 to 12:30	Advanced Specialist: Supervision Face to face begins 20 week course spread over 30 weeks	Face to face, Rochford
October		
Saturday 19 th 09:30 to 14:30	Safeguarding for Counsellors	Face to face

November		
Monday 4 th 09:30 to 12:30	Certificate in Counselling Skills Level 2/3 equivalent (90 hours learning)	Online
Saturday 30 th 09:30 to 12:00	Understanding the Law and process around Adoption	Face to Face
December		
Monday 16 th 18:00 to 21:30	Understanding the Law and process around Adoption	online
January		
Monday 18:00 to 21:30	Pre-Therapy: How to make contact to allow space for therapy to happen	Face to Face
Friday 17 th 09:30-12:30	Level 2: 12 Week Active Listening Skills	Face to Face
February		
Monday 10 th 18:00 to 21:30	Pre-Therapy: How to make contact to allow space for therapy to happen	online
June		
Wednesday 4 th 18:30 to 21:30	5-week introduction to counselling course begins	Face to Face

Know someone who is considering training as a counsellor?

Training as a counsellor as you know is a convoluted pathway full of things that will trip the unsuspecting further down the line when trying to become accredited or when applying for further training. To help you to explain to anyone who may ask you - because let's face it that happens - [here is a Training By Liberty's pathway](#) onto the NCPS Accredited Counselling Practitioner Diploma which might be helpful.

Whether people decide to study with us or not we are always happy to help them make the studying decision is right for them

email: info@trainingbyliberty.com if we can be of any assistance

Level 1 Introduction to Counselling



This course is aimed at anyone interested in counselling on any level. Anyone who is just wondering what counselling is or someone who has signed up for counselling training that is coming up and just curious what it might be all about.

Introduction to Counselling is designed to give you basic information about counselling. Course participants will investigate what counselling is; learn about theory; practice some skills and consider what comes next for them.

This course is designed to be interactive with a variety of theory, personal investigation and application in real life through learning from others and discussion.

Face to Face: Rochford

5th June 2025 18:30 to 21:30 - £195

4th June 2025 6:30pm to 9:30pmm £195

email: info@trainingbyliberty.com to register

Level 2 Active Listening Skills

This course is aimed at anyone interested in improving communications and ultimately relationships. It is fabulous for anyone who is interested in counselling on any level. Anyone who is just wondering what counselling is or someone who has signed up for counselling training that is coming up and just curious what it might be all about.



Active Listening Skills is designed to give you basic understanding that will help aid communication skills, not just as a counsellor but in any aspect of your life. Part of the course will also explore what counselling is and the difference between that and active listening.

A fun and fully interactive 12 week programme that will help with communication in every walk of life.

Face to Face: Rochford

17th January 2025 09:30 to 12:30 £375 reduced to £325 for 12 weeks (term time) (payment plans available)

email: info@trainingbyliberty.com to register

Level 3 Certificate in Counselling Skills

The course is run over 30 weeks, giving you 90 hours of face to face training and will provide you with the tools and knowledge that will help you feel prepared to embark on the final leg of becoming a counsellor. The core model of the course is Person-centered as this is a model that is built on the relationship between counsellor and client, but you will also be taught some Cognitive Behavioural and Psychodynamic Theory to provide a well-rounded understanding of theory

Face to Face: Rochford

11th September 18:30 to 21:30 £850 (payment plans available)

email: info@trainingbyliberty.com to register



Level 3 Certificate in Counselling Skills - Online

The course is run over 30 weeks, giving you 90 hours of synchronous online learning and will provide you with the tools and knowledge that will help you feel prepared to embark on the final leg of becoming a counsellor. The core model of the course is Person-centred as this is a model that is built on the relationship between counsellor and client, but you will also be taught some Cognitive Behavioural and Psychodynamic Theory to provide a well-rounded understanding of the modalities that influence modern therapy.

Online: via Google Classroom

4th November 2024 for 30 Weeks 09:30am to 12:30 £850 (payment plans available)

email: info@trainingbyliberty.com to register





NCPS Accredited Counselling Practitioner Diploma

The course is run over 2 years, giving you 360 hours of face to face training (over 18 months) and will provide you with the tools and knowledge that will help you feel prepared to work ethically as a counsellor. The core model of the course is Person-centred as this is a model that is built on the relationship between counsellor and client, but you will also be taught some Cognitive Behavioural and Psychodynamic Theory to help you discover the counsellor you would like to be post qualification.

The modules studied will be – Working Professionally and safely as a counsellor; working within a coherent framework of counselling theory and skills; working within a counselling relationship; working with client diversity in counselling work; working with self-awareness in the counselling process; working self-reflectively as a counsellor; and the placement module Working within a user-centered approach to counselling which includes your placement of 100 supervised placement.

Entry requirements: Certificate in Counselling Skills minimum Level 3 equivalent that contains a minimum of 90 hours face to face learning.

Face to Face: Rochford

12th September 2024 18:30 to 21:30 £3725 (payment plans available)

email: info@trainingbyliberty.com to register



Continuing Professional Development

After the Classroom

by **Catherine Drewer**

20th July 2024 09:30 to 12:30 £30

Just finished in the classroom or been working in an agency and want to branch out into working for yourself, then this workshop will help unravel all the bits of paper and information.

There will be discussion around what you need to do to comply with your Accredited Body requirements, consider any legal obligations you may have around Data Protection, client work, records and accounts and then explore the realities of being in the real world.

A very useful morning that will help you feel prepared to go out in the real world.

The word "After" is written in a large, red, cursive script. The letters are fluid and connected, with a prominent flourish on the 'A' and a long, sweeping tail on the 'r'.



Emotional Wellbeing

I cannot recommend this course highly enough. As therapists we believe we understand feelings and emotions because it is vital for what we do right? Well, it turns out – there is so much more to it than we thought.

This thoroughly thought provoking and informative training is delivered by Keeley, our wonderful core tutor who has explored way beyond her core training and added depth and passion to what she has learned and now shares with us.

This course is a short learning journey in exploring and understanding emotions. A course that is perfect not only for counsellors but for anyone wanting to understand what it is to be an emotional human being.

You will be exploring and understanding emotions through the lens of Positive Psychology. Its purpose is to develop emotional intelligence, agility, and wellbeing, by understanding the important role emotions play in how we think, feel, and behave. It will educate on the importance of emotional self-awareness and regulation whilst developing ways to build emotional resilience, cultivate more positive emotions, and discover how to use our emotions for motivational purposes.

24th July Workshop 1: Emotional Wellbeing

25th July Workshop 2: Emotional Classification

31st July Workshop 3: Emotional Resilience

1st August Workshop 4: Emotional Eudaemonia

Face to Face learning in Rochford
6:30pm to 9:30pm

Course cost: £195

email: info@trainingbyliberty.com to register

Working with Children and Young People: A workshop

NCPS Quality Checked Status



This short course explores the differences between working with adults and working with Children and Young People. It is ideal if you are considering undertaking additional training to work with Children or if you are student who is about to go out into placement and would like to be armed with more robust understanding of this topic.

Delivered by our director Catherine, who is an Accredited Children and Young People Counsellor, Supervisor and Adoption Support Counsellor this training includes rich real-life experiences so you can understand the theory in practice

Monday 9th September 2024 - £40

Face to Face learning in Rochford, 6:00pm to 9:30pm

email: info@trainingbyliberty.com to register

once you have completed the short course, why not consider the Advanced Specialism in working with Children and Young People



Filling up fast!!

Advanced Specialist: Working with Children and Young People

Begins 16th September 2024 for 30 weeks £895 (payment terms offered)

The course gives you 60 hours of face-to-face training and will provide you with the tools and knowledge that will help you feel prepared to work ethically with this client group. If you work in school and have done predominantly adult training, then this is the course for you.

It is a robust 20 weeks that teaches you the stuff you did not know you needed to know and along with our Safeguarding course will help you to feel more secure in the work you do with these clients.



This course will consider the following areas of working:

Module 1: Applying Theory to practice: exploring attachment, TA, Person-centred and behavioural theories.

Module 2: Developing reflective practice:

Module 3: Ethics and Young People: Risk assessments, safety planning and understanding how to be safe.

Module 4: Working Creatively: exploring powerful ways to develop a creative lean in your work

Module 5: Loss and Attachment: Understanding how this client group experience loss, the language they may use and how their attachment style may affect how they process loss.

Module 6: Research proposal: exploring an area of this work that you are interested in developing knowledge around.

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Safeguarding of Counsellors

Understanding Safeguarding Legislation is vital for ethical practice and whether you work in private practice or in an agency, better understanding of the Safeguarding Legislation and how it applies in practice will support you in feeling safe to work with risk.

This course is aimed at counsellors in practice or those in training who work with clients. When we think of safeguarding, we think of working with Children and Young People but there is so much more to safeguarding than children.

The information provided is relevant to any work a counsellor may do and therefore is relevant to all. If you are supervising counsellors, then it is vital you understand safeguarding legislation and



procedure, and this is a great course to provide the knowledge you might need. Counsellors who work in schools know that they should report to the Designated Safeguarding Lead but what do they do with the information you provide and are counsellors allowed to follow up or make further referrals if they still have concern?

This full-on day of training will include group discussion, understanding of the law in relation to Safeguarding Children, Adults and others. It will include introduction to PREVENT Awareness and help to broaden understanding on what raising a safeguarding concern means. We will culminate the learning with a practical application of the knowledge to real life counselling practice.

Face to Face learning in Rochford

Saturday 19th October 9:30am to 3:00pm Price: £69

Understanding the process of Adoption and Adoption Legislation

As a therapist we are told that the only piece of counselling work that is protected under the law is working with people who are adopted.

This short informative course provides understanding of the evolution of adoption as we know it and how this law may affect working counsellors

Available both online and face to face

email: info@trainingbyliberty.com to register

Face to Face: Rochford

30th November 09:30am to 12:00 noon £40

Online: via Zoom

16th December 6pm to 9:30pm £40

NCPS Advanced Specialist: Supervision



Ever thought of becoming a Supervisor? Or just wondered what supervision entails then this is the course for you.

The course is run over 20 weeks taught session and 10 weeks for study, giving you 60 hours of face to face or online training (synchronous)

Unlike other supervision training this course is designed to provide a depth to your knowledge that includes not only more than 3 theoretical models of supervision but also reflective practice and ethics, along with the opportunity to further investigate an area of counselling and supervision that really interests you.

The modules studied will be – Understanding theory and frameworks of supervision, applying theory to practice, research methodologies and reflective approach to being a supervisor.

email: info@trainingbyliberty.com to register

Face to Face, Rochford

Thursday 19th September 2024 9:30am to 12:30 30 weeks £895

Online: via google classrooms

Monday 16th September 2024 9:30am to 12:30 £895



Pre-Therapy: How to make contact to allow space for therapy to happen

If you are struggling to connect with your client and can't work out why, you may want to consider the idea of Pre-Therapy. Designed to find a way to connect with the client in the here and now and allow them to be in a position where therapy is possible.

Garry Prouty developed this aspect of humanistic practice to meet those clients that may be "contact impaired" for any reason and works on establish that first condition – psychological contact.

Face to face: Rochford

6th January 2025 6pm to 9:30pm £40

Online: via Zoom

10th February 2025 6pm to 9:30pm £40

email: info@trainingbyliberty.com to register