

Therapy in Colour

Introductory Certificate in Counselling Skills for Antiracist Therapeutic Practice

Introduction

The course is a thirty-hour (face-to-face) counselling skills certificate. Specifically, this and further qualifications focus on gaining competence in working with people who have a legacy of European domination, such as slavery, and colonialism, primarily within the British context. The course is also a preparation for going on to further mainstream counselling and psychotherapy training and developing supportive networks to prepare you for the journey, especially if your heritage is from the global majority. The course is open to all,

Aims

- Learning basic core counselling skills and theory, including the impact of oppression.
- Focusing on the impact of the racist gaze that impacts people of African, South Asian and Caribbean heritage within the British context
- Exploring the damage from the legacy of British slavery, colonialism
- Exploring the impact of immigration and asylum within a context of racism
- Linking the social, cultural, economic and political context to psychological suffering.
- Empowering students to find their voice within their racial, ethnic and cultural identity.
- To begin exploring how counselling can lead to healing and well-being.
- To bring an ancestral, spiritual and collective focus to healing.

Philosophical and Theoretical Premises

- Recognition that oppression is a significant factor contributing to people's distress
- Oppression forces us into the role of oppressor and/or oppressed.
- Ancestral awareness and transgenerational lens are critical to mental well-being.
- An intersectional approach to our multiple identities.
- Recognition the work for all to undo the impact of racism, slavery, colonialism, indenture and other oppressions
- Linking historical and contemporary processes within intersectional dynamics.
- Drawing on the theories of African, South Asian and Caribbean practitioners.

- Bringing a social, political and cultural lens on empathy
- Recognition of the collective (current and ancestral) on the psychological.
- Awareness of power dynamics in the counselling dyad.

Core Attitudes and Skills for the Counselling Certificate

- Developing awareness of oppression and the psychological dynamics
- Developing a capacity for empathic responses
- Identifying and responding to the impact of oppression
- Identifying and responding to the trauma of racism

The certificate in counselling skills begins the process of lifetime learning and healing. Students who progress to the Diploma will experience the ongoing depth and breadth of their learning. This will expand their knowledge and capacity to assist in recovery.

This course is open to:

- Those wishing to become counsellors, psychotherapists and counselling psychologist as well as teachers, social workers and others in the helping professions. The certificate is also open to qualified counsellors, psychotherapists and counselling psychologist.
- Students who have some awareness about the dynamics of oppression and privilege, including awareness of white privilege.
- The course will prioritise BIPOC individuals so that they make up the majority on the attendees.

Entry Requirements

This is an open-access course. You do not need particular qualifications or work experience. Undertaking counselling training at any level can be a psychologically and intellectually demanding process. Personal qualities we are looking for in trainees include:

- Openness to forming and maintaining therapeutic relationships with others.
- The ability to engage in experiential learning.
- The ability to reflect on experiences.
- Openness to feedback from tutors and peers.

This requires a degree of psychological robustness. Having had a mental health diagnosis or difficulty in the past is not, necessarily, a barrier to training; however, we do need to consider whether there is a danger of the training exacerbating mental health problems in applicants. For this reason, we may ask about mental health during the application process, and BAATN reserves the right to decline admission to applicants whom we assess would not, at this time, be able to benefit from this course or for whom it might be too unsettling.

Basic structure:

- 30hrs in total that will include theory of counselling, legacy and dynamics of oppression, group process, basic listening skills and practice
- Complete a reflective journal and an individual presentation

Assessment

The aim is to move away from the colonial way of learning and academic writing.

- A reflective learning journal is 30% of the assessment.
- A student presentation is 30% of the assessment.
- Certificate of learning given if there is 80% attendance and evidence of taking a psychological journey through the training course.

Course dates and times

- Ten modules of 3 hrs each on weekday evenings (6 pm to 9 pm).
- Dates to be decided

Other

- References to be submitted with applications. They could be from someone (personal/professional) who has known them for at least two years.
- Interview to make sure applicant is robust enough to work in a group and to set out expectations.

Award

- Certificate of attendance will be given (30 hrs.)

Fees

£390

Terms and conditions Once you receive a conditional offer of a place on our Certificate in Counselling Skills, you have 3 days to pay either the full fee (£390) or an advanced payment (£190) by bank transfer. After that deadline, if your place has not been secured by paying at least the advanced payment, your conditional offer will be automatically moved to our waiting list. If advanced payment is made, the final payment of £200 will need to be paid 2 weeks before the start of the course.

Transfer Students who have secured their place on a course and can no longer attend, are permitted to transfer their place, once, to another Certificate in Counselling Skills, as long as we are able to fill their place (please note: places are subject to availability).

Refunds Should you withdraw from your course 14 days prior to the start date, or within the 14-day period and we can fill your place, we will refund your course fee in full. Should you withdraw after commencing the course, there is no refund.

Venue

London

Applications

You can apply via the application form. Please ensure each section is fully completed in order for your application to be considered for this course. If you have any further questions, please see our FAQs page or email us on baatntherapyincolour@gmail.com

Further Training

This course is the first step that acts as a gateway to other trainings. Future BAATN courses will be in as below.

- Intermediate Certificate – intermediate level course leading on from certificate level (60 hrs.)
- Advance Certificate – intermediate level course leading on from certificate level (150 hrs.)
- Diploma Course – the course will run over two years with 200 hours in each training year. The diploma will be developed to meet the criteria of a recognised registering body, (such as BACP) so students can apply to register as qualified professional members on completion (400 hrs.)