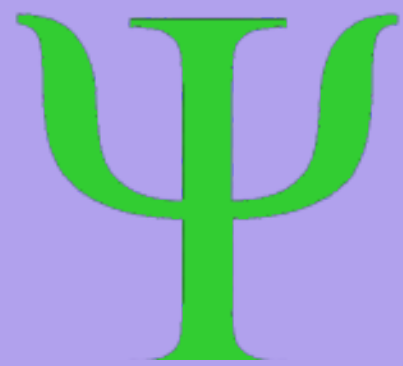


Individual Psychology
Training



CERTIFICATE IN ADLERIAN COUNSELLING SEPTEMBER 2024

The first year of the 3-year Combined Certificate & Diploma in Adlerian Counselling. The 3 year course is accredited by the British Association for Counselling & Psychotherapy (BACP), and moderated and accredited by the Adlerian Society UK (ASIP).

**One face to face
weekend per month in
West Wales
&
a weekly Wednesday
evening webinar.**

**Applications
Open**

Find all the information and how to
apply at
www.individualpsychologytraining.co.uk

Individual Psychology Training



CERTIFICATE IN ADLERIAN COUNSELLING

The course consists of six main modules:

- **Core Counselling Skills** - we learn and practice skills including listening and attending, reflecting and paraphrasing and identifying and expressing feelings;
- **Fundamentals of Adlerian Psychology** - we look at all the Adlerian theories including Early
- **Recollections; Dreams, Private logic and child behaviour;**
- **Personal and Professional Development** - we explore how we are in groups, personal boundaries and working with difference; this module requires each student to have 10 hours min of their own personal counselling.
- **Adlerian Lifestyle Assessment** - students have an opportunity to explore their own and others 'lifestyles' using counselling skills;
- **Grief and Loss** - we explore the impact on individuals and families of different types of loss including suicide;
- **Alternative Approaches** - we have a tour around other counselling approaches including TA and person centred, and look at similarities and differences.

The learning methods include: lectures; skills work in pairs and triads; small group work; group process and assignments and reading.

The certificate course is a part time course with a total of 150 teaching hours across weekly two hour webinars and a weekend of in-person teaching every month during term time.