



Guidelines for applicants to BCPC's Professional Training

The interview dates for internal and external applicants to the Professional Diploma courses at BCPC are published on the website and in the Course information sheet. Both internal and external applicants are invited to the same interview day. An *internal applicant* has attended BCPC's Foundation course; an *external applicant* has completed an equivalent course elsewhere. An RPL procedure is published on the website.

BCPC is positively committed to opposing discrimination (see <https://www.bcpc.org.uk/about-us/our-policies>) and all applicants who fulfil the published criteria will be invited to interview. Applicants are interviewed by a minimum of two staff members who are teaching on the course being applied for.

The interview process is in two parts

a) The Group interview takes place in the morning of the interview day. Assessment criteria for this include all of the following:

- Awareness of self in relation to others
- Ability to communicate and express self in group
- Ability to listen to others and respond appropriately
- Ability to self reflect
- Openness to others' ideas and to learning from others

b) The Individual interview takes place in the afternoon of the interview day. Assessment criteria for this include all of the following:

- A satisfactory completion of the Foundation Certificate/ *or equivalent*
- A clear wish to train professionally as a counsellor or psychotherapist and an intention, so far as may be formed at this stage, to proceed through the full BCPC training in counselling or psychotherapy
- The beginnings of an ability to reflect on your own process. A good level of self awareness, and a willingness to explore your own defences
- The beginnings of an ability to have some awareness of what is the client's material and what is your own. You should also have some awareness of any tendency to 'rescue'
- A reasonable level of competence in basic counselling skills and an awareness of the importance of holding time and space in a session
- Some evidence of the qualities of empathy, congruence and unconditional positive regard, with awareness of any difficulties with these
- Evidence of being able to receive feedback and identify defensiveness within yourself
- Written work should indicate that you have potential to conceptualise and articulate theory and to present ideas clearly

- Although you cannot proceed to start a placement before the start of Diploma training, you are expected to have begun to research placement opportunities; finding out what is available in your area, checking the BCPC placement lists, identifying what in-house training the placements may provide, and what their application process is
- An understanding of the social context in which counselling and psychotherapy exist, and an open attitude to issues of race, class, age, ethnicity, culture and sexual orientation. An awareness of the dynamics of prejudice and oppression and a willingness to take action as appropriate to minimize the effects of this within BCPC.
- That you have adequate time, social support, internal resources and stability (this factor to be commented on in the Foundation tutor's report) to enable you to give reasonable attention to all course requirements.

Acceptance is subject to references being in order and a Declaration of Convictions, Complaints and Boundaries form being satisfactorily completed.

Please note: *If English is not your first language you will need to provide evidence of having attained English language proficiency to level 6.5 or 7 to ensure that you will be able to meet course requirements. This can be achieved by a First degree written in English, but if you have not been educated in English you may need to take a test (IELTS).*

Successful applicants for the Psychotherapy MA will also be able to demonstrate:

1. Sufficient and ongoing therapy
2. Sufficient maturity/life experience
3. Sufficiently resourced (socially/personally/financially/time and space available) to undertake a lengthy, in depth training
4. Sufficient interest in long term psychotherapeutic work in private practice, as opposed to short-term, solution focused work and agency work.
5. Sufficiently near to BCPC geographically to be able to realistically attend training supervision, peer supervision and tutorials in specific locations outside of taught course days
6. If no first degree, appropriate relevant prior professional and life experience, as evidenced by diplomas or certificates gained from work in related caring professions, volunteer work, or work which involves relationship skills. This will help us to assess suitability for MA level academic work.

*Director
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