***ACT Counselling Services Ltd***

**Diploma in Cognitive Behavioural Therapy and Groupwork SCQF Level 11**

Thank you for your interest in the Level 11 Diploma in Cognitive Behavioural Therapy and Groupwork. We have a long tradition of training high quality CBT practitioners who progress to a wide range of roles including work with the NHS, with third sector organisations, delivering school counselling and running their own private practices. We pride ourselves in delivering a breadth and depth of training which prepares our graduates for working effectively with a wide range of clients. Come to our information sessions if you’d like to know more about what it’s like to train with us.

**Our application process** is as follows:

Stage 1: complete an application form. If your application form suggests that you are ready for our training programme then you will move to Stage 2.

Stage 2: you will be sent an entry essay question which you will be given 4 weeks to complete, and this gives us a sense of your capacity to write at the required academic level. You will also be invited to a group discussion so we can see how you interact with other people. During the group discussion, you are not in competition with the others who are participating – we just want to see how you respond and interact in a group situation.

Stage 3: if you are offered a place based on stages 1 and 2, you will be asked to confirm that place by paying a deposit of £500 and providing 2 references commenting on your suitability for post-graduate training as a CBT therapist. If you are not considered to be quite ready for the training programme, you may be encouraged to go and undertake some additional studying/volunteering/work experience prior to taking up a place.

There are 24 places on the weekend programme and 24 places on the weekday programme and these are allocated on a first come, first served basis. If you’d like any more information then please get in touch [admin@actcounsellingandcbtservices.co.uk](mailto:admin@actcounsellingandcbtservices.co.uk)

**Personal Details**

|  |  |
| --- | --- |
| First name: |  |
| Surname: |  |
| Date of Birth: |  |
| Address: |  |
| Post Code: |  |
| Mobile no.: |  |
| Home no.: |  |
| E-mail: |  |

Our course format is:

Weekly: one day per week 0930 to 1600. The weekly course will be on a Thursday.

Weekend: one weekend a month – Friday evening 1800 to 2100 online via Zoom and then Saturday and Sunday 0930 to1700 for face-to-face training.

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| **Preferred Course – Please indicate** |
| Weekly: |
| Weekend: |

**Counselling Skills**

People undertaking postgraduate level training will normally have completed (or be completing) the COSCA Level 8 Counselling Skill Course or equivalent. Please complete one of the boxes below:

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| **COSCA Skills**  I have completed the COSCA Counselling Skills Course:  Date of completion: |
| I am in the process of completing the COSCA Counselling Skills Course:  Date when completion expected: |
| **Equivalent Counselling Skills Training (e.g. HNC, Degree)**  I have completed an equivalent course to the COSCA Counselling Skills Course:  Please provide details including date of completion: |
| I am completing an equivalent course to the COSCA Counselling Skills Course:  Please provide details including the date when completion is expected completion: |
| **Alternative Counselling Experience/Core Profession**  If you have not completed the COSCA Counselling Skills course or equivalent, please tell us about alternative training and experience which may be considered as equivalent  Please provide information about **any other qualifications, training and workplace or volunteering experience** which you think supports your application: |
| Please tell us a little about **why you would like to become a CBT therapist** (maximum 500 words) |
| Do you have **any additional support needs** that may affect your training and/or placement (we will endeavour to make reasonable adjustments wherever possible)? |

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| **Please provide any additional information that may support your application** (max 500 words) |

I confirm that the information within this application form is accurate.

Signed (a typed signature is fine):

Date: