



Professional Certificate in Counselling Practice

(Level 5 equivalent)



Information Pack



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This is not where you begin. And not where you finish.

This programme sits in the space between training and becoming established in practice.

This is for when you have qualified or are qualifying, with just your hours to complete; you are working with clients, and you are starting to realise that knowing theory is not the same as applying it.

You may have taken a break after qualifying for varied reasons and are looking to get back to it because this is the right time.

This course exists for that stage.

Not to take you back to being a student, and not to push you prematurely into advanced practice, but to support you in becoming a more grounded, thoughtful, and ethically aware practitioner in your early professional life.

What This Course Is About

This is about bridging the gap between qualification and practice.

It is grounded in:

- applying theory in real client work
- developing reflective practice that informs decisions
- understanding ethical responsibility in context
- using supervision meaningfully
- beginning to form a professional identity

The focus is not on learning more models; it is on learning how to use what you already know.

The Learning Experience

This is a face-to-face, small cohort programme based in Rochford, Essex.

Learning happens through:

- discussion grounded in real practice
- structured reflection
- case exploration
- linking theory to lived client work
- collaborative learning with peers



You will not be passively taught. You will be expected to bring your practice, think about it, and engage with it. That is where the learning sits.

The Shape of the Course

Across the programme, we work through:

- transitioning from student to practitioner
- reflective writing and models of reflection
- working with anxiety in early practice
- applying theory to client work
- using supervision effectively and purposefully
- ethical reasoning and decision-making
- safeguarding in real-world contexts
- working with diversity and difference
- developing professional identity and personal philosophy
- therapist wellbeing and ethical responsibility
- boundaries, burnout, and sustainability
- integrating learning into practice
- completing a professional practice portfolio

This is not a collection of topics. It is a developmental process that builds over time .

Who This Is For

This course is designed for practitioners who:

- have completed a Level 4 Diploma (or equivalent)
- are currently working with clients
- have supervision in place
- are in the early stages of practice post-qualification
- want to feel more confident and grounded in their work

If you are looking for more techniques, this may not be the right course.

If you are noticing uncertainty, responsibility, and the reality of practice starting to land, this probably is.



What You Will Gain

You will gain a certificate that reflects applied professional development, not just attendance.

What tends to shift is:

- how you apply theory in real sessions
- how you use supervision
- how you approach ethical decisions
- how you understand client work beyond presentation
- how you manage yourself as a practitioner
- how you begin to define your professional identity

This is about becoming more steady and more intentional, not more performative.

Professional Context

This programme supports your development in line with professional expectations, including:

- NCPS
- BACP
- SCoPEd framework (early post-qualification development)

It does not replace accreditation requirements, but it supports you in:

- strengthening your practice
- evidencing reflective and ethical development
- preparing for further progression (including advanced training)

Assessment & Portfolio

Assessment is ongoing and practice-based.

You will complete:

- written assignments linked to your practice
- reflective work using structured models
- case-based thinking
- a final professional portfolio

The portfolio brings together your learning across the year and reflects your development as a practitioner.



Practical Details

- **Location:** Rochford, Essex
- **Format:** Face-to-face
- **Group size:** maximum 9 people
- **Duration:** 18 weeks
- **Sessions:** 6:15pm to 9pm Monday evenings from 9th November
- **Cost:** £1040 – Liberty Alumni can claim 10% discount. Interest free payment terms available

Early practice can feel uncertain. We are often left feeling like we are holding responsibility without always feeling fully confident in what we are doing; that is the reality of become a practitioner.

This course is not about removing that uncertainty but it is about exploring aspects of this new framework and helping you to:

- think more clearly
- respond more thoughtfully
- and stand more steadily in your work