



Counsellor Training Route

Welcome! Thank you for your interest in becoming a Deep Release Counsellor. The following pages will explain the requirements and progression involved, and also how you can be listed on our website.

Please have a good read and if you have any questions or anything is unclear please email us: info@deeprelease.org.uk or call us on 01277 226121.

The trainers are excellent . Those who I have met are passionate about their work, and have a natural ability to teach the principles with ease and clarity.

It's a really unique and innovative way of learning new and useful interventions to work sensitively and effectively with clients - particularly with deep-rooted issues.

The training really excited me and I wanted more. I recognised how much I could learn and use with my clients. For me personally, Deep Release has opened some important doors psychologically and emotionally.

Ready to enrol?
email
info@deeprelease.org.uk

**Counsellor
Training
Route**





Frequently Asked Questions

How does the programme work?

We offer three levels of training progressing from **Red** (foundational) to **Blue** (intermediate) to **Green** (master). The programme of training is built up by blocks of one day courses which increasingly develop your knowledge and skills. After completing the initial **Red Level**, you can, in principle, be listed on the Deep Release website under *Find a Counsellor*. Please read on for details of training at each level!

How might I benefit?

- First of all you will **be listed on the Deep Release website** under *Find a Counsellor* (annual fee). This will hopefully bring you clients!
- We believe we offer a **unique counsellor training programme** which will enable you to learn about areas such as the Conception to Birth journey, depth work and a wide range of creative interventions, all of which can **broaden and deepen your practice**.
- Many clients are looking for more than 'talky therapy' and this will **increase your ability to work with more complex issues**.

How long will it be before I can be fully registered and on your website?

It depends how quickly you can move up the table and gain knowledge, skills and experience at the required levels. Most people can achieve the **Red Level** within a year and be working towards the **Blue Level**.

How much will the training cost?

- The courses take place in different locations around the UK and most are priced at around £70 for a day course.
- If you book 3 or more courses there is a 10% discount.
- You can also spread the cost of your training by setting up a Standing Order arrangement.
- The Deep Release Bursary Fund is available for those in genuine need.
- At the **Blue** and **Green** Levels, while on this programme, you can claim a £10 reduction to any of the required training days (please contact info@deeprelease.org.uk to book).
- Our two-for-the-price-of-one offer for those currently studying on (post diploma) counselling training courses is a lifeline for hard up students!

The trainers are excellent - those who I have met are passionate about their work, and have a natural ability to teach with ease and clarity.





Frequently Asked Questions

I have done your previous P&P training at Level 1 or 2 – what happens now?

- If you have done this training within the last two years you may be ready to enter at the **Red Level**.
- If you are already a member of a Regional Training Group, you should discuss this with your group leader.
- If you have not yet joined a Regional Group and would like to, please contact the office.
- A lot has to do with the level of confidence you feel and it may be appropriate to continue with the training for a while before going on the website.
- You can apply for a Refresher rate (50%) if you wish to re-do some of the core training.

How will I progress to the next level?

In addition to completing the required training blocks, your skills level in Deep Release will be assessed at the annual Counsellors' Conference (which is a requirement for counsellors at all levels) by a senior Deep Release counsellor. If it is clear that you have confidence and competence in working with more advanced Deep Release interventions (eg depth work and the Conception to Birth journey) you will be approved at the next level.

Can I stay at my level? Or drop back?

Yes! There is no expectation from us that you will progress, but the opportunities are there if you are able to. We also understand that circumstances can change and there will be no problem in dropping back a level at any time. Simply inform the Deep Release office on info@deerelease.org.uk.

Is this for me?

Why don't you come and see! We consistently get very enthusiastic feedback and currently have over 60 counsellors enrolled on the programme at different levels. Many of the courses will be relevant for your ongoing training as a counsellor, whether or not you finally decide you would like to be registered on our website or progress through the training.

How do I get started?

Email us at info@deerelease.org.uk and we would be delighted to enrol you and get you on your way. If you have any further questions, please email or call the office on 01277 226121.

My clients and I have both been in awe of what gets uncovered through working with the unconscious, which has brought understanding out of confusion, movement out of stuckness and healing out of pain.

I have an intrinsic trust in Deep Release. I would tell anyone thinking of doing this training to have a try.

The 'Deep Release' way of working just 'fits' for me. The workshop days are a real joy to attend and I always look forward to them. I find them engaging and informative as well as being usefully experiential and interactive.





Red Level

Foundational

Christian faith * Diploma or higher * Member of Professional Body

- We are a Christian organisation and so we ask that counsellors listed on our website share a **Christian faith**. We recognise this can come in different shapes and forms and you may not go to church, but we do ask that you are in good standing with fellow Christians. A significant number of clients will want to work through issues of faith and church.
- You will need to hold a L4 Counselling Diploma, or higher, qualification.
- All prospective Deep Release counsellors will need to be approved by a senior counsellor.
- You must be a member of a professional counselling body and work within their Code of Ethics.
- We would expect our counsellors to be accredited or working towards accreditation/registration.
- In most cases you will work privately and have the freedom and space to work with creative interventions and be flexible in the length of your sessions.
- You will have your own Insurance cover and comply with data protection regulations.
- You have a supervisor who can support you in this work.
- You will have had (be having) personal therapy and will have personally experienced Deep Release interventions.

Training Requirements at Red Level

- | | |
|--------------------|--|
| • Attachment | <i>Introduction to Attachment</i> |
| • Inner Child | <i>Discovering your Inner Child</i>
<i>Practical Skills in Working with the Inner Child</i> |
| • Anger | <i>The Anger Workshop</i> |
| • Gestalt | <i>Getting to Grips with Gestalt</i> |
| • Creative Skills* | <i>Integrating Art in Counselling</i>
<i>Integrating Storytelling in Counselling</i>
<i>Roles Played in Families</i> |

**For those who have completed the Barnabas Level 5 Certificate in Integrating Creative Interventions in Counselling, this is not necessary.*

If Possible, Join a Regional Training Group

There are currently Regional Groups running in Essex, Hampshire/Wiltshire, Kent, Somerset, Surrey and West Midlands. New groups can start where there are a minimum of 6 counsellors.

Attend the annual Counsellors Training Conference

This is a conference for all levels of Deep Release Counsellors. It takes place normally in November in Brentwood and provides a safe place to practise interventions and learn from more experienced counsellors. It is a time of rich fellowship and encouragement.

Note:

You are welcome to attend 'Blue Level' courses at this level to see if you would like to progress further in Deep Release training. These include 'Depth Work' and 'Pre-and Perinatal Trauma'. You would need to attend 'Depth Work' at least twice and have been assessed at the Counsellor's Conference.



Blue and Green Levels





Blue Level

Intermediate

- You will already be competent and confident working at **Red Level**.

Training Requirements at Blue Level

- Depth Work *You will be regularly revising and developing your 'duvet work' and the Conception to Birth journey. You will also do this hopefully in a Regional Group.*
- Therapeutic Touch *You will have received adequate training in the use of Therapeutic Touch and Holding and be able to use these interventions responsibly and safely.*
- Advanced Attachment *Adult Attachment Behaviour, Attachment, Shame & Separation*
- Practical Skills *Practical Skills in Attachment
Practical Skills in Working with the Inner Child
Practical Skills in Gestalt
Practical Skills in Anger Work*
- You may wish to attend the Experiential Gestalt Weekend.
- You will have personally experienced Depth Work and the Conception to Birth Journey.
- Attendance at the annual Counsellors' Conference.
- Hopefully, be a member of a Regional Training Group.

Green Level

Master

- You will already be competent and confident working at **Blue Level**.
- Green Level counsellors have been working in Deep Release for at least 2-3 years. This will depend on whether you are a member of a Regional Group, receiving regular ongoing training, and how many Counsellors' Conferences you have been able to attend to be assessed.
- You have a high level of confidence and competence in all the **Red** and **Blue** level interventions.
- You are able to work with trauma and dissociation (although it will always be your personal decision as to whether or not you take on such clients).
- You will also be helping Deep Release to develop as an organisation.
- You may be able to be considered for listing under '**Find a Supervisor**' on the website. You will have a Diploma in Adult Supervision and be able to supervise Deep Release counsellors confidently.

Training Requirements at Green Level

- You will take personal responsibility to refresh your knowledge and skills so that you keep up to date with new developments.
- You will attend the annual Deep Release Counsellors Conference.
- You may be asked to assess counsellors at Red and Blue levels of competence.



What would Clients expect from Deep Release Counsellors at different levels?

These levels are important because, as registered DR counsellors, you carry our name and reputation. We therefore reserve the right to ask that you choose your level carefully. You may have a wide range of other training and experience, and be highly competent.

Being listed on our website means you are specifically training in Deep Release creative and depth areas and will actively offer these to clients.

Red Level - (Foundational)

Clients could expect that you have a high level of core counselling skills. You are informed by Attachment and Gestalt and are able to do Inner Child and Anger work (including the Court Room) with them confidently. They will anticipate that you will use creative interventions in your sessions together.

Blue Level - (Intermediate)

In addition to the above, Clients would expect that you will work with them on pre-and perinatal issues, including the Conception to Birth Journey. You will have skills in 'duvet work' and be able to work with the client lying down and going more deeply into their inner process. You will have undertaken more training in Attachment and have a greater awareness of early development issues. You will also have increased your skills in creative interventions (usually through a Regional Training Group and the Counsellors' Conference, as well as more day courses.) For example, you will be comfortable working with Gestalt chair work and the Cycle of Experience.

Green Level - (Master)

Clients will expect you to flow in the above skills and work instinctively and creatively with issues that arise. You will now be able to work with more serious trauma and mental health issues and be able to work safely and appropriately with dissociation. The annual Counsellors' Conference will mean that your skills are regularly assessed.

**Ready to enrol?
Got Questions?**

Contact us:

email: info@deeprelease.org.uk Call: 01277 226121