



PROGRAMME LEADER

Heather Churchill, BA Hons (Brunel) MTh (Middx) MBACP (Senior Accred) ACC (Accred Counsellor and Supervisor) Heather previously managed the Watford Christian Counselling Centre, a joint venture run by LST and CWR. She has many years' experience as a counsellor, supervisor and trainer. Heather also has a small private clinical practice where she specialises in counselling adults who have been sexually abused in childhood.

Each year of the course also has its own course leader, accompanied by a team of highly experienced university lecturers. Further information available on request.

DATES/FEEES

A separate sheet should be enclosed with this leaflet. Otherwise, please visit www.cwr.org.uk/ba or email registry@cwr.org.uk or call **01252 784731**.

ENTRY QUALIFICATIONS

Entry qualification for the BA programme is normally a minimum of two A-level passes and GCSE English (grade C or above). However, for other applicants we will consider the equivalent in terms of informal qualifications or learning and life experience. You should also be able to demonstrate a heart for counselling and have some experience as an effective listener.

CWR will interview all prospective students and will discuss with them at interview stage the necessary personal qualities, academic ability and emotional capacity they will need to cope with the demands of the programme.

Whilst it is not necessary for applicants to share a Christian worldview to enter this programme, candidates will need to demonstrate a commitment to connect positively with the programme content.

Past CWR Certificate, Diploma or Advanced Diploma students may be eligible for direct entry to years 2, 3 or 4 of the new programme. For full details of the necessary work that will need to be undertaken to enable direct entry please contact the Admissions Office (tel 01252 784731).

APPLICANTS FROM OTHER COUNSELLING TRAINING INSTITUTIONS

CWR welcomes applications from students who wish to further their studies and have completed a Certificate or Diploma in counselling with another training institution. Applicants entering the programme from another academic institution will be required to demonstrate that they have the necessary qualifications for direct entry and must attend a two-day bridging course in order to introduce them to the Waverley Model of Counselling.



'CWR's training has a deep impact intellectually and emotionally.'

PRIOR TRAINING

We encourage you to complete the five-day *Introduction to Biblical Counselling* course before embarking on the BA programme. The Introduction course gives you an excellent foundation and is a way of helping you decide whether to apply for the BA. However, you do have the option of applying direct to the BA programme.

If you are in any doubt about where you should start with your training, please call the Admissions Office on 01252 784731.

ACCOMMODATION

Accommodation is in beautifully furnished, shared en suite bedrooms. If you would prefer your own bedroom, you may choose to be non-residential (lunches and evening meals would still be provided at Waverley). Email registry@cwr.org.uk for a list of local bed and breakfast contacts.

HOW TO APPLY

Download an application form from www.cwr.org.uk/ba or call 01252 784731 to request one. CWR's counselling training is often oversubscribed, so we strongly recommend that you apply as soon as possible. **The closing date for Year 1 is 31 August.** We reserve the right to refuse entry to those who we consider are unsuitable for the programme.

FOR ENQUIRIES

The Admissions Office,
Waverley Training & Events, CWR,
Waverley Abbey House, Waverley Lane,
Farnham, Surrey GU9 8EP, UK
Tel: +44(0)1252 784731
Email: registry@cwr.org.uk
www.cwr.org.uk

CWR is a Limited Company registered in England -
Registration No. 1990308. CWR is a Registered Charity - No. 294387



BA (Hons) in Counselling



CWR has been a pioneer of counselling training from a Christian worldview for over 30 years. Thousands of people have been trained with CWR and are now using their gifts and skills to help others.

Building on CWR's excellent and proven training, this new BA in Counselling will equip you with a biblical framework together with comprehensive skills and understanding for helping others. The training integrates insights from the best contemporary models and practice and is led by a team of lecturers and counselling practitioners who bring a high level of experience, expertise and professionalism.

You will also be encouraged in your own personal and spiritual growth.

The BA (Hons) in Counselling is a four-year, part-time degree validated by Roehampton University. Taught from a Christian worldview, this programme offers students the flexibility to study to whichever level they choose and exit with the following awards:

- Year 1:** Waverley Certificate of Christian Counselling (an internal, Waverley award)
- Year 2:** Certificate of Higher Education (CertHE)
- Year 3:** Diploma of Higher Education (DipHE)
- Year 4:** BA (Hons)

Students who wish to apply for direct entry to Years 2, 3 or 4 may apply on the basis of qualifications or life experience already gained.

'The quality of CWR's training can only be described as superb. I thoroughly recommend it.'

WHO IS THIS COURSE FOR?

Those involved in pastoral care who are seeking to be better equipped; those seeking to become professional counsellors; those in Christian ministry; those in caring professions and many others.



PROGRAMME CONTENT

The BA in Counselling comprises the following modules:

Year 1 Modules

COUNSELLING THEORY AND THE WAVERLEY MODEL OF COUNSELLING

This module forms the foundation to the whole programme and provides:

- An introduction to a Christian anthropology and theory of human personality, including the five areas of human functioning (physical, emotional, volitional, rational and spiritual), as they apply to the Waverley Model of Counselling.
- Consideration of the issues involved in integrating psychological theories with the Waverley Model and the philosophical origins and assumptions of three counselling approaches: Psychodynamic, Person Centred and Cognitive Behaviour Therapy.
- An overview of human life span development theories including Erikson, Piaget and Object Relations.

COUNSELLING SKILLS AND PRACTICE

Students are taught the foundational counselling skills necessary for effective counselling. The syllabus includes:

- Relationship building skills, the core skills necessary for therapeutic change and advanced counselling skills.
- Practice and experience in the use of these skills.
- Personal and professional issues that arise in counselling including the importance of self-awareness and the use and value of supervision.
- Boundary issues and ethical dilemmas that might occur for counsellors operating both within and outside of faith communities.

Year 2 Modules

DEVELOPMENTAL PSYCHOLOGY AND PSYCHOPATHOLOGY

- Study of a range of disorders and psychological theories in order to ensure psychologically informed practice.
- The key principles of social, developmental and cognitive psychology.

ADVANCED COUNSELLING SKILLS

- Introduction to a range of further interventions, drawing especially on Psychodynamic Theory, Cognitive Behavioural Therapy and Christian approaches to spirituality.
- Students will also be encouraged to begin to formulate an integrative model of counselling practice, assisted by the understanding of the impact of culture, race, gender and family systems on the formation and development of the therapeutic relationship.

SUPERVISION AND PROFESSIONAL DEVELOPMENT

Students will gain a greater understanding of ethical practice and be trained to use supervision and group supervision effectively.

SELF-AWARENESS AND PERSONAL GROWTH

This module will encourage students to increase in their self-awareness and their awareness of self in relationship with others.

‘Very biblical, very enriching, very grounded in reality, very high quality.’

The BA in Counselling has two distinctive features:

- Its approach is underpinned by a Christian understanding of humans as created in the image of God and therefore relational.
- The programme’s core theoretical approach is an integrative, relational one, which emphasises the importance of the therapeutic relationship and adherence to the core conditions: genuineness, unconditional acceptance and empathy.

The approach, which has come to be known as CWR’s ‘Waverley Model’, incorporates aspects of a number of psychotherapeutic theories including Psychodynamic Theory, Cognitive Behavioural Therapy, Systemic Approaches, Gestalt Therapy and issues of Spiritual Formation, where appropriate.



Year 3 Modules

INTEGRATIVE APPROACHES AND MENTAL HEALTH

Students will continue their development as integrative practitioners and deepen their understanding as to how counselling skills may assist therapeutic change in clients with mental health disorders.

FIELDWORK AND CLINICAL PRACTICE

Students will explore some of the complex dilemmas and difficulties that occur in counselling practice and consider in depth how to resolve these. They will also be assisted to enhance their skills by learning and practising a further range of creative techniques and methods.

REFLECTIVE PRACTICE

Students will be supported as they continue to develop personally and professionally and will be encouraged to reflect on their relational experience with clients and supervisors. Students will also be assisted to reflect on personal and spiritual transformation.

Year 4 Modules

FIELDWORK AND PROFESSIONAL DEVELOPMENT

This module aims to consolidate and deepen the student’s personal and professional growth by encouraging them to begin to formulate their personal integrative philosophy of counselling which is congruent with their own personality and style of working with clients.

INTEGRATION: THEORY AND PRACTICE

Students will enhance their clinical abilities by analysing and practising the use of a further range of advanced interventions, drawing on Cognitive Behavioural Therapy, Systemic theory and Internal Family Systems Theory.

COUNSELLING AND SPIRITUALITY

This module helps students to recognise the various interpretations of *imago Dei* (human beings created in the image of God) held throughout the Christian tradition and identify points of contact between a relational interpretation of *imago Dei* and a relational integrative approach to counselling.

Students will also reflect further on the relationship between spirituality, counselling and spiritual direction and deepen their understanding of the tensions that inevitably arise within church, pastoral and counselling settings.

COUNSELLING LITERATURE REVIEW

As a conclusion to the programme, students will be provided with the opportunity to conduct a literature research on a personal area of interest and to analyse and engage with it in depth.

‘The openness of the tutors and their willingness to share their experiences adds a significant level of depth to the training.’



VENUE - WAVERLEY ABBEY HOUSE

CWR’s training centre - Waverley Abbey House - is a beautiful, spacious Georgian house just 2 miles from the town of Farnham, in Surrey (less than one hour’s train journey from London Waterloo and within easy reach of the M25 and M3). Situated in a tranquil countryside location, Waverley offers an ideal environment for learning and personal reflection.

