



EquippingLives4Good

# Training Prospectus

September 2024 - August 2025





# About Us

**Create Hope is a Christian charity offering accredited training. Our training is accredited through the National Council of Integrative Psychotherapists and our two year Advanced Level 6 Diploma also meets the requirements for the British Association of Counselling and Psychotherapist and the Association of Christian Counselling membership.**

**We first started running our training back in 2015 as a CPD course for those with other therapeutic experience so we could offer therapeutic play sessions to children and young people through local schools. As the demand for our services has grown we have also focused on developing our training and are so proud to be able to offer opportunities for others to train and qualify as integrative Creative and Play Therapists. Our passion for our training is around 'equipping lives for good'.**

## **Our USP:**

**We believe we offer unique training opportunities. For those wishing to qualify in integrative Creative and Play therapy our courses also include opportunities to complete placement hours in Berkshire or Wiltshire where our Create Hope services are based.**

**Our training courses incorporate theories from Play therapy, Systemic family therapy, Gestalt, Transactional Analysis, Person Centered and Somatic Trauma Therapy. We believe in a holistic approach to therapy and therefore equip our trainees to work in this way, with modules on our diploma courses and CPD for working creatively with families.**

**Our training is focused on Creative and play therapy approaches, giving participants space and time to explore their own belief systems, and learn to incorporate a creative element to their practice with clients.**

**On completion of our diploma level training course, we also offer employment opportunities either on part-time contracts or freelance based rates. Our heart is to offer affordable therapy to families and children in need in Berkshire, Swindon and Devizes areas. Through bursary funding we are able to step into the gap reaching families who don't meet criteria for statutory services, but have a clear emotional need. With the added family therapy training we offer we are able to work more holistically with families and give participants further opportunities to develop their skills in this area through our range of CPD courses.**



**We are a Christian charity offering support to people from all faith and non-faith backgrounds. Through our training we give people opportunities to explore what spirituality might look like to them and their clients through an open and non-judgmental position. Through helping participants to develop better self-awareness, we believe this in turn helps them to help others.**  
**Equipping lives for good.**

**We have two very special therapy dogs who assist with most of our courses. Hamish and Ruby, always available to help calm, ground and connect with our students.**

**In October this year we will be running our new and improved Advanced Level 6 in Integrative Creative and Play Therapy. This runs over two years and includes 60 teaching days, 200 clinical hours, 80 hours of group supervision and the completion of three written assignments.**

**This is accredited through the National Council of Integrative Psychotherapist and also meets the requirements for BACP and ACC membership due to the number of teaching hours offered. For full details turn to page 6. This course does have an entry level requirement of a level 3 in counselling. However, for those who haven't already completed this we also offer this award. We have two delivery options for this course: Our intense 12 day course or weekly evening course running over three, ten week terms. Turn to page 5 for full details.**

**As well as our diploma course we also have a wide range of shorter CPD courses aimed at qualified counsellors, therapists and those working in pastoral support roles. Please turn to page 8 for more details.**



# Contents

<b>Level 3 Entry Award in Creative and Play Counselling Skills for Children and Young People .....</b>	<b>4-5</b>
<b>Advanced Level 6 Diploma in Integrative Creative and Play Therapy .....</b>	<b>6-9</b>
<b>CPD Information .....</b>	<b>10</b>
<b>Creative Therapy Approaches for Family Groups and Couples Therapy .....</b>	<b>11</b>
<b>Creative Therapy Approach to Working with Parts .....</b>	<b>12</b>
<b>Working with Spirituality with Children and Young People .....</b>	<b>13</b>
<b>My Internal Supervisor .....</b>	<b>14</b>
<b>Certificate in Facilitating Creative Therapy Groups .....</b>	<b>15</b>
<b>Certificate in Play and Creative Therapy Approaches with Adults .....</b>	<b>16</b>
<b>Certificate in Play and Creative Therapy Approaches with Children and Young People .....</b>	<b>17</b>
<b>Stabilization and Safety for Traumatized Clients .....</b>	<b>18</b>
<b>Bespoke and Organisation Training .....</b>	<b>19</b>
<b>Working with Traumatized Children in the Classroom .....</b>	<b>20</b>
<b>Non-violence Resistance Therapy Approach for Schools .....</b>	<b>21</b>
<b>Creative Self-reflection Tools .....</b>	<b>22</b>
<b>Cancellation Policy .....</b>	<b>23</b>
<b>Further Information .....</b>	<b>24</b>



# Level 3 Entry Award in Creative and Play Counselling Skills for Children and Young People

This is our entry course into our Advanced Level 6 Diploma  
in Integrative Creative and Play Therapy.  
This is an experiential and theory based course and will cover basic counselling skills.

We have two courses running:

Our intense 12 day course:

22nd July 2024 - 2nd August 2024

14th July 2025 - 25th July 2025

Days run from 9:30am - 5:30pm in person.

Our termly evening course:

18th September 2024 - 27th November 2024 (Excluding October half term)

8th January 2025 - 19th March 2025 (Excluding February half term)

30th April 2025 - 9th July 2025 (Excluding May half term)

Evening sessions run from 6:30pm - 9:30pm in person.

## Costs:

Intense 12 day course July 2024 - £1000

EARLY BIRD RATE for 2025 intense 12 day course PAYABLE BEFORE 1st June 2025 - £800 per person

Full cost £1000

EARLY BIRD RATE for 2024-2025 termly evening course PAYABLE BEFORE 18th August 2024 - £1000 per person

Full cost £1200 (payment plan options available)

£300 deposit required to hold your place by 1st September 2024

## Level 3 Entry Award

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PSYCHOTHERAPISTS

Units	Topic
3	Active listening skills
3	Boundaries and limitations
3	Therapeutic relationship
1	Ethics and safeguarding
3	Diversity and power in counselling
3	Contracts
3	Stages of counselling
2	Play Therapy principles
2	Core conditions person centred
2	Gestalt key principles
2	Attachment
2	Poly Vagal overview
4	Spirituality and faith
5	Core beliefs
6	Clinical supervision
3	Practical skills





# Advanced Level 6 Diploma in Integrative Creative and Play Therapy - 2 years

Our advanced level 6 in Integrative creative and play therapy runs over two years and is accredited through the National Council of Integrative Psychotherapists and also meets the requirements for BACP and ACC membership.

This is an experiential and theory based course incorporating theories from Play therapy, Systemic family therapy, Gestalt, Person-centered therapy, Transactional analysis and somatic trauma therapy.

This diploma will enable students to offer therapy to children and young people individually or in small groups. We recognise the importance of the family and school systems within a child's life. Therefore, our training incorporates systemic approaches enabling students to work holistically.

This diploma will give students the skills to work with children struggling with different emotional challenges, providing a safe, containing, permission giving space. Our training is very experiential and gives students space and time to reflect and develop their own self-awareness and understanding which in turn impacts the way they work with clients.

## Entry requirements:

- Level 3 counselling award or completion of our level 3 award (see page 3 for more details and dates.)
- Previous experience of working with children and young people.
- Ability to work to Degree level of study.

## Costs:

**EARLY BIRD RATE for 2024-2026 course PAYABLE BEFORE 1st August 2024 - £4500 for the 2-year course**  
Full cost £5000 (payment plan options available).

£500 deposit required to hold your place by 1st September 2024

**EARLY BIRD RATE for 2025-2027 course PAYABLE BEFORE 1st August 2025 - £4500 for the 2-year course**  
Full cost £5000 (payment plan options available).

£500 deposit required to hold your place by 1st September 2025

**The Advanced Level 6 Diploma is delivered over 2 years with teaching days once a week on a Thursday over three ten week terms:**

**2024 - 2026 intake Weekly on a Thursday starting on the 3rd October for 3 blocks of 10 week terms. (Excluding half term dates)**

**Year One:**

**Thursday 3rd October 2024 - Thursday 12th Dec 2024 (Excluding October half term)**

**Thursday 9th January 20 25 - Thursday 20th March 2025 (Excluding February half term)**

**Thursday 1st May - Thursday 10th July (Excluding May half term)**

**Teaching days 10am - 4:30pm**

**Year Two:**

**Thursday 2nd of October 20 25 - Thursday 11th December 2025 (Excluding October half term)**

**Thursday 15th January 2026 - Thursday 26th March 2026 (Excluding February half term)**

**Thursday 23rd April 2026 - Thursday 2nd July (Excluding May half term)**

**Teaching days 10am - 3:30pm**

**2025 - 2027 Intake Weekly on a Friday starting on the 3rd October 2025 for 3 blocks of 10 week terms. (Excluding half term dates)**

**Year One:**

**Friday 3rd October 2025 - Friday 12th December 2025 (Excluding October half term)**

**Friday 16th January 2026 - Friday 27th March 2026 (Excluding February half term)**

**Friday 24th April 2026 - Friday 3rd July 2026 (Excluding May half term)**

**Teaching days 10am - 4:30pm**

**Year Two:**

**Friday 2nd October 2026 - Friday 11th December 2026 (Excluding October half term)**

**Friday 8th January 2027 - Friday 19th March 2027 (Excluding February half term)**

**Friday 23rd April 2027 - Friday 2nd July 2027 (Excluding May half term)**

**Teaching days 10am - 3:30pm**

**In order to complete the diploma participants must complete the following:**

- 200 clinical hours - Placement opportunities available through Create Hope
- 80 hours of group online supervision - Included and offered by Create Hope
- Completion and pass of 3 written assignments - One in Year 1 and two in Year 2

**Advanced Level 6 Diploma  
Year One**

**Day sessions 1-30 6.5 hours 195 teaching hours**

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PSYCHOTHERAPISTS

Units	Topic	Delivery
1	Safeguarding and ethics	Day 1
2	Introduction to therapy models and theory underpinning practise	Day 2-6
3	Introduction into reflective process	Day 7
3	Regulation and containment	Day 8
3	Introduction in creative toolkit	Day 9-10
3	Contracting	Day 11
2	Neuroscience and Poly Vagal	Day 12
2	Attachment	Day 13
4 and 5	Core beliefs, spirituality and faith	Day 14-15
7	Working with parents and referrers – systemic approaches	Day 16-17
3	Creative therapy practise	Day 18-22
6	Supervision	Day 19
3	Self-reflection, reporting, recording and assessment	Day 20
3	Creative process	Day 21-24
3	Power and difference in the counselling relationship	Day 25
8	Stabilization and safety	Day 26-27
9	Directive and non-directive therapy approaches	Day 28-29
10	Working with neurodiversity	Day 30



**Advanced Level 6 Diploma  
Year Two**

**Day sessions 31-60 5.5 hours 165 teaching hours**

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Units	Topic	Delivery
4	Spirituality and the client	Day 31-33
7	Group process and working with groups	Day 33-36
7	Family scripts and genograms	Day 37-39
7	Family group process	Day 40-42
8	Working with traumatised clients	Day 43-45
12	Working with parts	Day 46-47
2	Attachment based therapy	Day 48
2	Relational approach to therapy	Day 49
11	Working with self-harming behaviours	Day 50-51
7	Non-violence resistance principles for parenting	Day 52-54
3	Integration into Practise	Day 55-60

## **CPD Information**

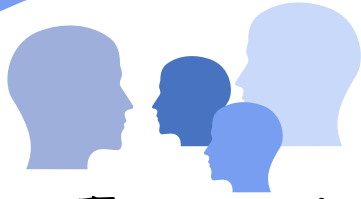
**We run a number of different accredited CPD courses for counsellors and therapists and those working in pastoral support roles.**

**All our courses are accredited through the National Council of Integrative Psychotherapists.**

**They incorporate a creative therapy approach to supporting children, young people, adults, couples and families.**

**We have a range of courses and offer some online training.**

**See details over the next few pages.**



# Creative Therapy Approaches for Family Groups and Couples Therapy

This is for qualified counsellors and therapist looking to develop skills  
in working with families and couples.

This is an experiential based course, where participants will get the opportunity to explore working with family groups and couples. It will include triad work and facilitating group sessions. We will bring in a creative therapy approach and focus on resources you can take away into your practice. Assessment will include an observed group session with peers.

This course is delivered in person and requires a minimum of 6 people to run.  
It runs over 6 full days, 7 teaching hours per day, a total of 42 hours.

## Dates for next course:

(This course runs over 6 days, three weekend blocks)

Saturday 16th and Sunday 17th November 2024

Saturday 14th and Sunday 15th December 2024

Saturday 11th and Sunday 12th January 2024

Days will be from 10am - 5:30pm, in person

## 2025 dates:

(This course runs over 6 days on Saturdays over 6 months)

Saturday 7th June 2025

Saturday 5th July 2025

Saturday 2nd August 2025

Saturday 6th September 2025

Saturday 4th October 2025

Saturday 1st November 2025

Days will be from 10am - 5:30pm, in person

## Costs:

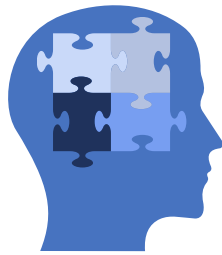
**EARLY BIRD RATE for 2024 course PAYABLE BEFORE 16th October 2024 - £500 per person**

Full cost £550 (Discounted rates are offered for group bookings. Minimum 6 people)

**EARLY BIRD RATE for 2025 course PAYABLE BEFORE 1st May 2025 - £500 per person**

Full cost £550 (Discounted rates are offered for group bookings. Minimum 6 people)





## Creative Therapy Approach to Working with Parts

A short workshop for therapists or qualified counsellors.  
This workshop will provide an opportunity for you to explore and reflect on your own parts and how to work creatively with parts with clients.

Using creative approaches, you will explore some of your parts and the dialogues, connections between them. This is based on internal family systems approach.

This is a 6 hour CPD experiential based course, giving space for participants own self-reflection and learning.

Dates for next course:  
Saturday 2nd November 2024  
10am-4:30pm ONLINE

Dates for 2025:  
Saturday 1st February 2025  
10am-4:30pm IN PERSON

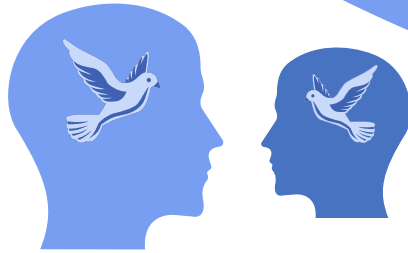
Friday 20th June 2025  
10am-4:30pm IN PERSON

### Costs:

EARLY BIRD RATE for November 2024 course PAYABLE BEFORE 1st October 2024 - £55 per person  
Full cost £65 per person

EARLY BIRD RATE for February 2025 courses PAYABLE BEFORE 2nd January 2025 - £65 per person  
Full cost £75 per person

EARLY BIRD RATE for June 2025 courses PAYABLE BEFORE 20th May 2025 - £65 per person  
Full cost £75 per person



## Working with Spirituality with Children and Young People

This is for qualified counsellors and therapist looking to develop skills in working with children and young people.

This is an experiential based course, where participants will have the opportunity to explore how they can work with spirituality of children and young people. It will focus on a creative and play therapy approach and will give participants space to reflect on their own spirituality and how this is played out within the therapeutic relationship.

This course runs over one full day 7 teaching hours.

We are a Christian organization, however through this course we will give people the opportunity to explore their belief systems and experiences of spirituality.

Dates for next course:  
Saturday 12th October 2024  
10am - 5:30pm ONLINE

Dates for 2025:  
Saturday 1st March 2025  
10am-5:30pm IN PERSON

Saturday 28th June 2025  
10am - 5:30pm ONLINE

### Costs:

**EARLY BIRD RATE for October 2024 course PAYABLE BEFORE 12th September 2024 - £60 per person**  
Full cost £70 per person

**EARLY BIRD RATE for March 2025 courses PAYABLE BEFORE 1st February 2025 - £70 per person**  
Full cost £80 per person

**EARLY BIRD RATE for June 2025 courses PAYABLE BEFORE 28th May 2025 - £60 per person**  
Full cost £70 per person

# My Internal Supervisor



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**This workshop is for therapists or anyone working pastorally or therapeutically with clients (adults or young people).**

**This course will provide an opportunity for you to explore and reflect on your own internal supervisor and how this can enhance your therapeutic/pastoral practice.**

**Using creative approaches, you will connect to and deepen your relationship with your internal supervisor, learning key skills to make time and space for this type of reflection.**

**As a Christian organization we will be exploring this through a faith lens, however the principles could be applied for those from faith or non-faith backgrounds.**

**Dates for next course:  
Wednesday 11th of September 2024  
7pm - 9pm IN PERSON**


**Dates for 2025:  
Monday 17th February 2025  
10am-1pm ONLINE**

**Wednesday 4th June 2025  
10am - 1pm IN PERSON**

**Costs:**

**September 2024 course £40 per person  
February 2025 course £35 per person  
June 2025 course £40 per person**





# Certificate in Facilitating Creative Therapy Groups

This CPD training course is for qualified therapists and counsellors. Through linking theory to practice, it will equip participants to facilitate therapy groups for young people and adults incorporating creative therapy approaches.

There will be lots of opportunities to practice the skills learnt and reflect on learning in relation to your own therapeutic work.

There will also be an assessed element to the learning where all participants will be observed facilitating a group activity and will also need to submit a group plan which will be covered as part of the training.

This course runs over four days.

Dates for next course:

**Monday 28th October - Thursday 31st October 2024**

**10am - 4pm IN PERSON**

Dates for 2025:

**Thursday 27th March, 3rd April, 10th April and 17th April 2025**

**10am-4pm IN PERSON**

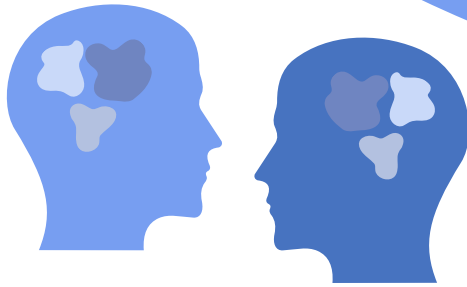
Costs:

**EARLY BIRD RATE for October 2024 course PAYABLE BEFORE 28th September 2024 - £250 per person**

**Full cost £350 per person**

**EARLY BIRD RATE for March 2025 course PAYABLE BEFORE 27th February 2025 - £250 per person**

**Full cost £350 per person**



# Certificate in Play and Creative Therapy Approaches with Adults

**If you currently work with adults and would like to incorporate more creative and play therapy approaches into your practice this CPD course is for you.**

**This is an experiential training course and will give you the skills needed to work more creatively with clients. During the training we will explore clay, dance and movement, art and sand trays.**

**We will incorporate theory from Virginia Axline and Carl Rogers.**

**Although our approach to play therapy is more non-directive we will also give participants ideas of more directive activities they can explore and introduce with clients.**

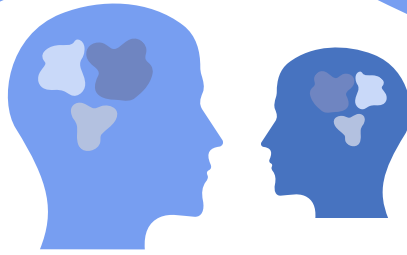
**This course runs over four half days.**

**Dates for next course in 2025:**

**Wednesday 26th March, 2nd April, 9th April and 16th April 2025  
2pm - 6pm IN PERSON**

**Costs:**

**EARLY BIRD RATE for 2025 course PAYABLE BEFORE 26th February 2025 - £250 per person  
Full cost £300 per person**



# Certificate in Play and Creative Therapy Approaches with Children and Young People

If you currently work with children and/or young people and would like to incorporate more creative and play therapy approaches into your practice this CPD course is for you.

This is an experiential training course and will give you the skills needed to work more creatively with clients. During the training we will explore clay, dance and movement, art and sand trays.

We will incorporate theory from Virginia Axline and Carl Rogers.

Although our approach to play therapy is more non-directive we will also give participants ideas of more directive activities they can explore and introduce with clients.

This course runs over four half days.

Dates for next course in 2025:  
Monday 4th August 2025 – Thursday 7th August 2025  
9:30am - 1:30pm IN PERSON

Costs:

**EARLY BIRD RATE for 2025 course PAYABLE BEFORE 4th July 2025 - £250 per person**  
Full cost £300 per person

# Stabilization and Safety for Traumatized Clients

This is a CPD training course for Qualified therapists and counsellors.

Through linking theory to practice, it will equip those working with children, young people and adults experiencing trauma.

There will be lots of opportunities to practice the skills learnt in trios of therapists, client and observer and reflect on learning in relation to your own therapeutic work.

This course runs over one day.

Dates for next course:

**Saturday 28th September 2024**

**9:30am - 5:30pm ONLINE**

Dates for 2025:

**Saturday 25th January 2025**

**9:30am - 5:30pm ONLINE**

**Saturday 17th May 2025**

**9:30am - 5:30pm ONLINE**

Costs:

**EARLY BIRD RATE for September 2024 course PAYABLE BEFORE 28th August 2024 - £50 per person**

**Full cost £60 per person**

**EARLY BIRD RATE for January 2025 course PAYABLE BEFORE 20th December 2024 - £50 per person**

**Full cost £60 per person**

**EARLY BIRD RATE for May 2025 course PAYABLE BEFORE 17th April 2025 - £50 per person**

**Full cost £60 per person**



# Bespoke and Organisation Training

**We have several courses which are accredited through CPD standards UK which can be offered to schools or other organisations.**

**We can also offer bespoke courses on request.**



# WORKING WITH TRAUMATIZED CHILDREN IN THE CLASSROOM

**This is a CPD training course for teachers and/or support staff on understanding the impact of trauma on children and how to support them in the classroom environment.**

**Linking theory into practice, participants will have tools to take away and try within their school setting.**

**This course runs over two days.  
9:30am - 3:30pm**



## **Costs:**

**The cost for this is £600 for a maximum of 15 staff members.**



# NON-VIOLENCE RESISTANCE THERAPY

## Approach for Schools

**This is a CPD training course for teachers and/or support staff on the principles of NVR and how to implement them within a school setting.**

**This course is for schools who have tried different behaviour management programs and feel like they are not working for pupils who demonstrate violent, aggressive or controlling behaviours while at school.**

**Non-violence resistance is a different approach. Based on the principles of Gandhi and Martin Luther King, it focuses on strengthening the relationship between pupil and teacher. It doesn't tolerate the controlling, violent or aggressive behaviours but looks more at the principles of natural consequences.**

**This course runs over three days.  
9:30am - 3:30pm**

### **Costs:**

**The cost for this is £900 for a maximum of 12 staff members.  
If the school would like further support once the NVR approach has been implemented these can be arranged at further costs.**

# Creative Self-reflection Tools

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PSYCHOTHERAPISTS

**This is a CPD course for organisations working therapeutically with clients.**

**This will be a space to explore your self-reflection practice,  
develop creative ways to process and reflect.**

**This is a focused timeout space for professionals, helping you to attune  
to your needs as well as those of the people you support,  
giving you practical ideas for how you can enhance your reflective process  
as part of your work and day-to-day life.**

**You don't need to be a qualified therapist to attend this course,  
you just need to be supporting clients in some capacity.  
This is suitable for those working with children and adults.**

**This course runs over three hours.**

**Costs:**

**The cost for this is £25 per person.**



## Cancellation Policy:

We need a minimum of 4 participants for our CPD training courses to run. We will inform you 5 days before the start of the course if we have not been able to fill these places and if not we will offer a full refund.

If you need to cancel:

### For one day CPD courses:

We will offer a full refund up to 7 days before the date of the course. 50% refund if you cancel 5 days before the course is due to run and no refund if you cancel after this time.

### For two plus days CPD courses:

We will offer a full refund up to 14 days before the date of the course. 50% refund if you cancel 7 days before the course is due to run and no refund if you cancel after this time.

### For Entry Level and Diploma courses:

We need a minimum of 4 participants for our entry level course and 6 for our diploma courses to run. We will inform you one calendar month before the start date of the course if we have not been able to fill these places and if not will offer a full refund.

If you need to cancel:

### For our Entry Level 3 course:

We will offer a full refund up to one calendar month before the date of the course. 50% refund if you cancel 21 days before the course is due to run and no refund if you cancel after this time.

### For our Diploma level 6 course:

We will offer a full refund up to two calendar months before the date of the course. 50% refund if you cancel one calendar month before the course is due to run and no refund if you cancel after this time.

## Further Information:

**Thank you for your interest in our accredited training programmes. From time to time, we add in additional courses so please check out our website for up to date information.**

**[www.createhope.co.uk](http://www.createhope.co.uk)**

**We also run workshops for parents in Bracknell, Devizes and Swindon. Please check our website for upcoming courses running in your area.**

**Our therapeutic services run in Bracknell and Devizes. If you know a family in need please signpost to our website to make a referral. As a charity we aim to support those in need but can only make this possible by the generosity of our supporters and grant funding. If you would like to make a donation into, the work we offer directly to families please visit:**

**<https://wonderful.org/pay?ref=1162501>**

**Lastly if you are interested in any other courses, or have any feedback regarding any of our services please do not hesitate to contact us.**



**01344 566295**



**[www.createhope.co.uk](http://www.createhope.co.uk)**



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