

Training for counsellors

Integrating a Solution Focused Approach into Your Person-Centred Practice

Overview:

When working with an Employee Assistance Programme, or when engaged by a charity or organisation to provide therapeutic counselling for a member of their team, funding and resources often allow for only a limited number of sessions. This can sometimes feel at odds with a person-centred approach, even though clients still want to experience therapy that is genuinely person-centred.

Similarly, in private practice, some clients require a limited number of sessions - whether for financial reasons or simply because that is the time they have available.



“Transitioning between person-centred and solution-focused frames of language is a skill. In this CPD, I share an approach developed by integrating my prior training and experience as an executive coach with my work as a therapeutic counsellor. In essence, it brings a simple coaching framework into a person-centred therapeutic approach, offering clarity, structure and a strong focus on the client’s needs with deep empathic listening at its core.”

Who is this course for?

Qualified or qualifying therapeutic counsellors who want to integrate solution focused practices into their therapeutic practice without losing touch with their person-centred philosophy.

Practitioners who are considering whether to take up longer study in Therapeutic Coaching.

Interested? Booking link at [Book Online | Training Counsellors](#)



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About Sam's relationship with the solution-focused approach



Sam's former role to being a therapeutic counsellor was as a learning and development office and included an executive coach role. She frequently worked one-to-one and trained other professionals how to incorporate coaching knowledge and skills into their daily working practices. When she completed her counselling qualification in 2016, she knew that she wanted to incorporate those skills into her therapeutic practice. "It was important to me that my clients didn't feel as though they were being coached but that I could give them the choice of how they engaged in therapy. My clients regularly tell me that this works for them and that's good for me!" Since becoming a clinical supervisor, she has shared her 'how to' with other therapists so that they can integrate the ideals and practices of solution focused working into their person-centred practice in a way that doesn't take them away from their person-centred core.

About Training for Counsellors

Training for Counsellors is an award winning counselling training provider. It was established by Samantha (Sam) Crapnell because she wanted to celebrate the vast amount of knowledge, skills, passion and commitment that exists locally in our profession.

'We' are comprised of a growing team of people who are: designing and facilitating (or co-facilitating) courses and CPD activities, knowledge sharing their areas of interest to the benefit of clients and personal/professional development of the practitioners; becoming regular members of the Community of Practice; contributing to the ever extending library of books and learning resources; and sharing the word about what we are trying to bring to our community, our profession and our clients.

As a result, the company is developing quickly offering qualifying courses, training certificates, in person and online CPD opportunities that are relevant to practice. And we are proud of what we offer because the regular feedback confirms that we are offering learning opportunities that allow people to learn in their own way, taking away what they need.



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