

Guide to Foundation Year Costs (2018/2019)

Course Fees

The cost of the Foundation Year for 2018/2019 is £1830. If you wish to pay in instalments, there is a three termly payment plan available (see table below)

Payment Option	Non Refundable Deposit	Lump sum payable by 30/09/18	Term 1 Payable by 30/09/18	Term 2 Payable by 9/1/19	Term 3 Payable by 23/4/19	Total
Option 1	£183	£1647	-	-	-	£1830
Option 2	£183	-	£650	£650	£447	£1930

(Please note on commencement of the course you are liable to pay the total course fee even if you do not finish the course)

The course fees for subsequent years (Clinical Years 1, 2 and 3) are slightly more than the Foundation year fees. The 2018/2019 course fees for the Clinical Year 1, 2 and 3 counselling/psychotherapy training is £2130 and this normally increases by approximately the rate of inflation each year.

Missed Weekend Sessions

For any day of training missed, you will be expected to arrange a 1 hour tutorial with a course tutor at a cost of £65. This could be shared with other students who may have also missed the same session, to a maximum of 3 students.

Therapist Fees

To gain the best from this year AND if you are planning or thinking about continuing with the course into subsequent years you are required to have ongoing **personal therapy** throughout this year (min 40 sessions). If you are not going to continue after the Foundation Year and do not want to attend personal therapy, then please discuss this with us. For those planning to continue (or to keep their options open) to become UKCP Registered Psychotherapist, their personal therapist must be a UKCP registered psychotherapist with knowledge of TA, ideally qualified in TA (CTA, PTSTA, TTA, STA or TSTA). For those wanting to gain the Diploma in Counselling who *definitely* do not want to continue on to the Psychotherapy qualification you can see a counsellor who is not qualified in TA but has some knowledge of it and uses it in their practice. Costs vary from approx. £40- £60 per session and attending a therapy group can be cheaper. Some of your therapy hours (6) can be accrued by attending a Group Therapy Marathon which the Link Centre offers once per year.

Student Membership

It is likely that you will need to take out one or two **student memberships** of the following organisations. Please see below which memberships you will require:-

- **National Counselling Society** (www.nationalcounsellingsociety.org)

If you are wishing to gain The Link Centre Diploma in Counselling, or keep your options open to do this, then you must be a member of the National Counselling Society for the duration of your training. If you are unsure if you want to continue after the Foundation Year, then you can decide later and join at the start of the next training year. Current annual student membership is £65 for students.

- **UKATA** (www.uktransactionalanalysis.co.uk)
If you wish to qualify as a Psychotherapist, or keep your options open, then you must become a member of UKATA from the start of your Foundation Year and maintain that membership at least up until qualification. This will also give you automatic membership of EATA (European Association for Transactional Analysis) Current 2017/2018 rate for Student Membership with printed copy of magazine - £100.50 p/a.

There are various **bursaries** (The Link Centre, UKATA and EATA) that you can apply for after the Foundation Year: you need to be a member of the organisation to apply for a bursary

ITAA (International Transactional Analysis Association)

Membership to the ITAA gives access to TA Journal (really only relevant for students taking the CTA exam and even then not essential). Cost is \$90 (dollars).

Additional Training

Initially not essential and depends on how far you wish to take your training. Over the Foundation Year, Clinical Year 1 and Clinical Year 2, you are required to accrue an additional 90 hours of counselling skills training in order to obtain your Diploma in Counselling. The Link Centre runs a 30 hour Counselling Skills training course every year in August/September. Cost for September 2018 is £435.

The Link Centre also provides a range of optional one and two day workshops throughout the year which you can sign up for – Approx £80 per day (depends on your interests and finances available).

Books

Amount spent depends on your levels of reading and how you source your books eg Amazon, Ebay. Approximately £80 - £100. The Link Centre has a library from which books can be borrowed at no cost.

Supervision :

This is not applicable for the Foundation Year, but will need to be considered for Clinical Years training. It is a requirement to have supervision at a ratio of 1:6 for the Counselling Diploma. You are likely to receive free Supervision in your placement and this can count for a maximum of 50% of the Supervision for the counselling Diploma. 50% must be with a TA Supervisor (PTSTA or TSTA).

For the CTA exam 75 hours of Supervision have to be with a TA Supervisor (PTSTA/TSTA) at a ratio of 1:5. 40 hours of this need to be with your Principle Supervisor who will support you through your exam

The cost of supervision is likely to be £50- £70 per session. If you are in a small group (of 3) you can potentially count three hours supervision for this cost. This is the most cost effective way of doing it but you also need to consider your supervision needs. Further information would be given later on in the course.

Exams Costs –

Diploma in Counselling - this is only relevant if you are planning to go on to take our Counselling Diploma exam after at least 3 years training. Written Exam Submission £130 and Oral Exam £350. The cost for further resubmission or retake is currently being reviewed.

CTA Psychotherapy exam – this is an external written and oral exam. In order to take the exam you need to have completed 2000 hours in total which includes training, supervision, therapy, other courses, conference attendance, and psychiatric placement hours. On completion of your four years training we anticipate that you will have a minimum of 50% of these hours accrued, this will vary depending on when you started your placement, how many clients hours you have done, supervision arrangements, extra therapy, attendance at other workshops, training and conferences. The remainder of the hours will be gained by continued clinical practice and CPD such as exam prep. The approximate cost of the written exam is £375 and approximately £300 for the oral exam. Full details are in The Link Centre handbook which is given to students each year.

CTA Psychotherapy Exam Prep – students who don't have a first degree are required to attend a series of "exam prep" sessions before taking their CTA Psychotherapy exam. These sessions take place over a period of a year, for which a sessional fee is payable. For other students this is optional.

Professional Liability Insurance

When students start seeing clients, usually in Clinical Year 1, they may be required to take out professional liability insurance. As a student, this is normally in the order of about £75.

UKATA National Annual Conference/Regional Conferences

Optional – Weekend conference run in April each year. Approx £260 (excluding accommodation). See website for further details <http://uktaconference.wordpress.com/>

Optional – Regional Conferences – Approx. £40- £70 per day

May 2018

(Please note: some of these costs are approximate and for guidance purposes only)