



Academy for Emotional Therapeutic Counselling

Psychotherapist & Counselling Training

Level 3 – Foundation in ETC – Syllabus

The qualification is quality checked by the National Counselling and Psychotherapy Society as a level 3 Ofqual equivalent certificate.

This comprises of 90 guided learning hours plus 30 hours of self-guided/reading/assignments, giving a total qualification time (TQT) of 120 hours. Students are required to present a written assignment at the end of the course for assessment.

There are 10 training days that cover the following subjects:

Introduction to Emotional Therapeutic Counselling (ETC)

Who would benefit from ETC

Emotional development in children

The process of ETC

Introduction to ETC tools and interventions

Emotional expression and validation

Family dynamics

Creative self-expression

Understanding guilt, shame, hurt, loss, fear

The bereavement process

Introduction to dreamwork

The martyr complex

Using visualisation

Parenting, misogyny, personal power, self-truth

Catharsis

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