

FINDING THE RIGHT TRAINING

Case study

Ashrim and Stephanie

Ashrim decided to undertake counselling training following her own experience of counselling for fertility problems. She found her own counselling to be immensely helpful, providing her with the space and opportunity to explore her difficulties in conceiving. She began a diploma in counselling at a local further education college because the times of the course suited her working patterns and travelling was kept to a minimum. She completed her placement at a local higher education institution and enjoyed the work. Her long-standing desire was to specialise in working with children. When looking at job opportunities she quickly discovered that her qualification was insufficient to allow her to apply for the available jobs as employers were asking for practitioners with specific qualifications and experience in working with children.

Stephanie worked as a support worker with adults with mental health problems during her training to be a counsellor. Her course was a person-centred training diploma at a well-regarded local education provider. She was motivated to undertake training because she was aware how little opportunity there was for her clients to talk about their problems; they were mostly 'maintained' through the use of medication. On qualifying, she found that there were no job opportunities for her in mental health. She did however notice a number of counsellor positions advertised in healthcare settings, including IAPT services. She was dismayed to find that most required her to have undertaken some training in CBT. She had insufficient experience to compete for those remaining jobs where CBT was not a pre-requisite given the number of applicants for each position.

Pause for reflection

- 1 What are your thoughts about Ashrim's and Stephanie's situations?
- 2 What steps might they have taken, prior to undertaking training, that would have been helpful?
- 3 In reflecting on your own current situation, what do you know already about the working contexts you might like to find employment in?
- 4 What steps might you be able to take now to enhance your employability (for | example, finding a training placement that provides the specific experience you require)?

