

DATES - 2024

- 2 - 5 November

DATES - 2025

- 11 - 13 January
- 15 - 17 February
- 8 - 10 March
- 5 - 7 April
- 17 May *Online*
- 7 - 9 June
- 30 August *Online*
- 20 - 22 September
- 25 - 27 October
- 22 - 24 November

THE FACULTY



Jane Chase (Dip, Biog Couns. MSc Psychotherapy, UKCP, AFT) has been practising as a Biographical Counsellor for nearly 20 years. She also has an MSc in Systemic Psychotherapy and works as a Family Therapist, working with individuals, couples, families and parents. She is a qualified systemic supervisor and offers systemic consultancy, training and supervision in various settings. She has previously worked in a CAMHS as a family therapist and was a former trustee for the Biography and Social Development Trust. She is also on the faculty for the Mental Health Seminar course based at Emerson College.



Pauline Marksteiner-Wilde (Dip, Biog Couns. BACP Accred., Cert. Supervisor) has been practising as a Biographical Counsellor for the past 22 years. She works as an independent therapist at a therapy centre with individuals, couples and groups and is a supervisor and Biography Work teacher for a UK teacher training course. She has co-facilitated the Oasis Support Group for Living Creatively, for the past 18 years.

Course consultant: Margli Matthews **Course Contributors:** Margli Matthews, Mike Chase, Deborah Ravetz, Michael Lipson, Christine Gruwez and others.
For further information about the faculty please our website.

VENUE

Newton Dee Community Centre Bieldside Aberdeen AB15 9DX

APPLICATION AND COURSE FEES

Application fee: £50.00 Tuition Fee: £3300

Early bird fee: £3100 payable in full by 1st July

Lunch and morning and afternoon refreshments included in the fee. Accommodation is not included.

For further details and to download an application:

www.biographicalcounsellors.org.uk

Please direct enquiries and completed applications to:

training@biographicalcounsellors.org.uk



Biographical Counselling

SKILLS FOR SOCIAL PROFESSIONS



One Year Part-Time

NOVEMBER 2024 - NOVEMBER 2025

At Newton Dee Community Centre, Bieldside, Aberdeen

The **Professional Association of Biographical Counsellors (PABC)** was established in 2009. Its members work as Biographical Counsellors in various settings in the UK and internationally. The Biographical Counselling Skills Course has developed from the three-year Diploma in Biographical Counselling which was run by the Biography and Social Development Trust from 1997 - 2014, which then became a BACP Accredited course in 2009.

Biographical Counselling

SKILLS FOR SOCIAL PROFESSIONS

Biographical Counselling is a holistic, integrative counselling approach that takes into account the psychological, social and spiritual dimensions of human experience. It offers a way of working that encourages people to find their own agency and creative freedom with their ideals, tasks and responsibilities. It aims to address issues on the level of healing and self development where crises and challenges become opportunities for growth and renewal.

This one-year, interactive course offers participants an in-depth experience of working with their own biography to explore their life events objectively and from within the framework of cosmic lawfulness. By looking at archetypal life-phases and using a variety of artistic approaches, we will support you in understanding your own unique place and purpose. Participants will be encouraged to creatively explore their questions, life themes and repeating patterns in a way that will enhance both their self-knowledge and professional practice.

The course will offer an introduction to counselling, outlining a framework for developing speaking and listening skills to enable transformative dialogue. These counselling tools will help form the basis of positive communication that moves from polarisation to enquiry, from conflict to love and from rigidity to possibility. We will interweave the past, the present, and develop an awareness of what is coming towards us from the future.

"The shared space will become the most sacred - the shared space will become our religion in the future" Orland Bishop



"Jane and Pauline are truly gifted course facilitators who share their thorough knowledge of biographical counselling and guide the group with sensitivity and deep humanity". VS, (Manager)



"The course has been profoundly life changing for me. I have developed and changed, transformed and grown, found deep connections and experienced much joy." VR (Trainee Psychotherapist)

'Every experience of our lives contains the mystery of our whole experience. It is a crystallization, a condensation of past, present and future of what we have been and what we can become.'

Margli Matthews, Co-founder of the Biography and Social Development Trust.

The course is informed by a variety of approaches to counselling and psychotherapy, particularly inspired by thinkers and practitioners who offer an understanding of body, soul and spirit, and embraces the search for meaning. It is grounded in ideas arising from Anthroposophy, an approach outlined by Rudolf Steiner.

Biographical Counselling originated in the UK, and trainings have been developed in Russia, South America and Israel. It is part of a world-wide movement of Biography Work as founded by Bernard Lievegoed (1905-1992) which has been developed for us in coaching and organisation development.

Applicants

The course will be of interest to teachers, therapists, psychologists, coaches, doctors and nurses, faith workers and other professionals who are interested in human encounter and who wish to deepen their own path of self development. We welcome applicants where there are differences in age, class, culture, disability, race, gender and sexuality.

Entry Requirements

- Professional experience required
- Written application and interview
- Good command of the English language
- A willingness to work with one's own biography in small groups and in counselling practice sessions

Qualification

A Certificate of Biographical Counselling Skills is awarded by the PABC on successful completion of the course.

The course offers 180 hours of CPD.



Course Structure November 2024 to Nov 2025

The course will be run face to face over the year including two online seminars. A written piece of work and presentation will be expected.

The three blocks are:

- I Self-Knowledge through Biography Work
- II The Inner Path - Building Resources
- III Personal and Professional Skills and Practice

Course Content

- Archetypal life phases, patterns and human development
- Working with and understanding threshold experiences
- Developing an inner practice
- Human encounter and the art of dialogue
- Difference and conflict
- Humanising our practice
- Becoming a Self

Elements of the Course

- Lectures
- Artistic activities
- Individual tutorials
- Personal development groups
- Counselling practice
- Small group work
- Research and written account