



## **Fitness to Practice as a Volunteer Trainee Counsellor/Psychotherapist**

**Trainee Name:**

**Date:**

**Course Name:** HOMA Diploma in Humanistic Counselling & Psychotherapy.

**Year of training:** Second Year (of four years)

The above named trainee is deemed fit to practice as a volunteer trainee counsellor/psychotherapist.

**To be fit to practice as a volunteer counsellor/psychotherapist a HOMA trainee satisfies the following:**

- Satisfactory attendance and commitment to the 456 training hours to date, made up of the Foundation Year (228 hours) and Second Year (228 hours) and a commitment to complete the final two years of training to complete the Diploma of 740 training hours.
- A good understanding of the Humanistic Psychotherapy theory and practice taught in years 1 and 2.
- A sufficient knowledge of basic counselling/psychotherapy skills including but not limited to: listening skills; reflective skills; boundary setting and maintaining; client contract setting, asking questions, beginning and ending a session.
- A deep understanding and self-reflection on privilege and managing difference. Triad practice with all protected characteristics and some non-protected characteristics: Age, Disability, Class, Religion or Belief, Race including colour, nationality, ethnic or national origin, Pregnancy, Maternity, Menopause, Body Size and Shape, Marriage or Civil Partnership, Sex, Sexual Orientation, Gender Reassignment,
- Understands the importance of confidentiality
- Is in regular weekly therapy with a qualified Humanistic Psychotherapist (minimum of 40 per year for the duration of the training)

**Year Tutor**

I believe the above named trainee is fit to practice as a volunteer trainee counsellor/psychotherapist

**Signed:**

**Date:**

**Training Advisor**

I believe the above named trainee is fit to practice as a volunteer trainee counsellor/psychotherapist

**Signed:**

**Date:**