

Professional Doctorate in Counselling Psychology

GUIDANCE FOR WRITING 1000 WORD NARRATIVE

This is a reflective and academic piece of work and you have a wide brief. There are a number of issues you might like to consider (suggestions are outlined below) but it is important that you write from a personal perspective. This is an opportunity to tell us about your motivation to train as a counselling psychology, what has contributed to this decision and how you hope to develop both personally and professionally.

We are inviting you to consider what is involved in undertaking this training and what you see as your strengths and areas for further development. You will see from the information on the website that the course includes taught modules, clinical practice and your doctoral research. This narrative is a way of prompting you to think these elements and reflect on what your feelings might be as you embark on this journey.

As this is also an academic piece of work, we would expect some references. Although this is not the primary function of this task, we do expect that you will be able to identify some texts which have been meaningful to you in your psychology and counselling training and which have influenced you in your decision to take this step.

The following are suggestions for inclusion but this is very much a personal narrative so you may choose what is important for you. Possible areas to reflect on are:

- Your motivation/s to train as a counselling psychologist
- Your personal value system and how this might impact on your clinical work
- Personal experience and its influence on your decision
- Personal Therapy
- Education – degree courses, counselling courses and how they have influenced you and your decisions
- Research experience so far and how you may wish to pursue this on the course
- Your experience in a helping role and how this contributes to your understanding of clinical practice
- Placement experience to date and how you are planning to meet the placement requirement on the course
- Your hopes and concerns about the training
- Your aspirations for practice, research and future employment.