



# therapeutic ⊕ coaching™

Course Prospectus 2024



"The fact that this course is online meant that it didn't really matter that I was coming from Nepal; anyone can do it from anywhere in the world. Now, when I have online clients – which will be the majority of my clients – conducting virtual sessions will not be something that I additionally need to learn. Also, I've also made friends with people from all over the world."



Nadia Shakti Devi

Therapeutic Coach, Nepal

"Alex, Anna and the team are extremely talented teachers who, with their experience, precision, humor and embodiment of what they teach, make learning easy, effective and very enjoyable. I can honestly say that I enjoyed my learning experience on the Therapeutic Coaching™ course more than any other that I have had."



Siti Ernst

Germany



"My residential experience was transformational. Days later I still felt the shift of releasing limiting beliefs and stepping into the vision of me that I made. It serves more than an assessment opportunity. The residential is about applying the tools and concepts to you first, then your client."



Sharon Wirant

USA







# Introduction

Therapeutic Coaching™ is a coaching based model which integrates key principles of hypnotherapy, developmental psychology, NLP, coaching, EFT, and mindfulness to help people live a happier, healthier and more relaxed life. The groundbreaking 24-month\* certification programme has been running since 2005 and is accredited by The International Coaching Federation (ICF), British Institute of Hypnotherapy (BIH) and EFT International.

\*24-months is approximate, and dependent on start date, your individual journey through the course, and subject to our tutors' agreement to progression to Level 3.



The programme supports students from a range of backgrounds, including those who are making a career change and are new to the area, along with those who have been working in the field for many years such as psychologists, psychotherapists and psychiatrists. Students are trained to work with the many issues one would expect to see in normal practice, from managing stress and anxiety, to cultivating positive relationships and optimum health.

Created by Alex Howard and Anna Duschinsky, Therapeutic Coaching™ has been at the basis of the psychology approach at The Optimum Health Clinic (OHC) since its inception in 2003, and has evolved through the OHC working with thousands of patients in 50+ countries. As well as being underpinned by the latest developments in psychological theory, the Therapeutic Coaching™ model is very much grounded in the real world of clinical practice.



## About The Optimum Health Clinic

The Optimum Health Clinic (OHC) is an award-winning (CAM Magazine "Outstanding Practice Award") integrative medicine clinic which integrates Therapeutic Coaching™ with functional medicine and nutritional therapy. Since 2004, the clinic's team of over twenty practitioners has supported 10,000+ patients in 50+ countries around the world. OHC has specialisms in areas such as complex fatigue conditions, anxiety, sleep and trauma.

The OHC has a strong commitment to research and growing the evidence base behind its approach. Research to date has been published in journals such as *British Medical Journal Open*, *Psychology and Health*, and *Journal of Integral Theory and Practice*. The OHC research team have recently gained NHS Ethics approval for a randomized controlled trial, as a follow up to a prospective preliminary study published in the *British Medical Journal Open* in November 2012.





# About Our Courses

Students come to our courses for a whole range of reasons - from those who are simply fascinated by these fields and want to learn and understand more for their own development, to those aiming to set up their own clinics and model the success of Alex's team at the OHC. The course also appeals to established practitioners who want to benefit from the ground-breaking Therapeutic Coaching™ model and to deepen the effectiveness of their work.

Where most training colleges focus exclusively on theory and what we call "skills development," we believe this is only one aspect of what it takes to be a truly effective practitioner. We define the 'Three Pillars' to becoming an effective practitioner - and thus the key aspects of an effective training programme - as self-development, skill development and clinical development.

## 1

## Self-development

The best practitioners speak with a level of confidence and sincerity that comes from walking the path themselves. This in no way means they have to have experienced everything their clients might wish to work on, and it also doesn't mean that a practitioner has to be free from all of their own issues (there would be no practitioners working if that was the measure!). Yet the integrity and authenticity that comes from a practitioner who is on an active journey of self-development themselves is something that clients can feel and which engenders trust. We strongly encourage and support students' self-development throughout the course and believe it is at the heart of everything.

## 2

## Skills development

The Therapeutic Coaching™ model integrates a powerful blend of tools from a number of disciplines. Our training is more than just the sum of the parts. We support students' learning and integration through a combination of video training sessions, live training, practical sessions with other students, Q and As, self-reflection forms, learning journals and homework assignments. We also provide ongoing access to all materials and recordings of live sessions, ensuring that if you miss a live session you can always catch up, and you have the option to re-watch and review materials. As part of the training at Level 2 and 3 we have in person intensive training to help students go not just deeper into their own self-development, but also provide experiential learning of the skills being taught.





# 3

## Clinical development

Knowing how the Therapeutic Coaching™ model works in theory is one thing. Being able to use it effectively in the real world with a diverse range of clients is something else. Our own work at the OHC over the last 20 years, and the thousands of clients who we have either worked with directly or supervised our practitioners to work with, has made very clear the vital difference that this level of clinical skill makes in the effectiveness of therapy. The training course, therefore, places a very strong emphasis on developing students' clinical skills, to ensure that you are truly equipped to work with clients when you complete the course. At Level 3, students work with clients under live observation, review filmed sessions, and analyse and discuss these in tutorials, and write reflective case studies. You also receive direct feedback and guidance from the training team and tutors. We believe that this focus on clinical development sets the course apart from any comparable training, and we see it as being absolutely crucial to your long-term success as a practitioner.





# Course Faculty



Alex Howard BSc (Hons)

PRINCIPAL OF THERAPEUTIC COACHING™

Alex Howard is Founder & Chairman of OHC, one of the world's leading integrative medicine clinics specialising in fatigue. With a team of 25 full time practitioners supporting thousands of patients in 50+ countries, the OHC team have pioneered working with patients remotely since 2004.

Alex has published academic research in publications such as the *British Medical Journal Open* and *Psychology and Health*, and is the author of *Why Me?:* (published 2003), *Decode Your Fatigue* (published 2020), and his most recent book on the impact of childhood trauma *It's Not Your Fault* (published September 2023).

Alex is creator of the Therapeutic Coaching™ methodology, and since March 2020, has been documenting his therapeutic work with real life patients via his *In Therapy with Alex Howard* YouTube series. In the last few years, Alex has created some of the largest online conferences in the health and mind-body markets; including the *Anxiety Super Conference*, and the *Trauma Super Conference*. Alex's online conferences have been attended by over 1 million people.



## Anna Duschinsky MA (Hons)

### COURSE DIRECTOR AND TRAINER

Anna was the founding Director of Psychology at The Optimum Health Clinic, where for ten years she was responsible for developing the Psychology department to its current level of international recognition. Anna holds a degree in Languages and Linguistics from Cambridge University, and has numerous qualifications in solution based psychological approaches to mind-body healing.

Throughout her career she has trained extensively with some of the best teachers and trainers in the world in coaching, NLP, hypnotherapy, EFT and many other disciplines, and is a certified Trainer of NLP. She has been training on the practitioner programme for over 10 years and played a crucial role in the development of the Therapeutic Coaching™ model alongside Alex.



## Natasha Todd MACantab

### SENIOR COURSE TUTOR

Natasha spent the first 20 years of her career as a lawyer (MACantab) in the City before succumbing to ME/CFS in 2008. In her search for recovery she came across the Optimum Health Clinic and its therapeutic model and describes what she learned there as 'life changing'. She went on to complete the Therapeutic Coaching™ practitioner training course and since certifying in 2014, has set up her own highly successful business. As well as being a tutor on the Therapeutic Coaching™ course, Natasha is in the process of gaining her ICF certification at PCC level and is the ICF training point of contact for students. Natasha is passionate about what she does and loves supporting every one of her students and clients on their own unique journey.



# Specialist Areas

To be able to help the largest number of people, we need the most diverse toolkit possible. The Therapeutic Coaching™ model draws on the following areas:

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## Hypnotherapy

### WORK WITH THE UNCONSCIOUS

Hypnotherapy is the use of hypnosis for therapeutic purposes. This is either through accessing a trance state where we are more in touch with our unconscious mind (which is responsible for controlling most of our behaviours in life) or through being able to change our behaviours in a more conscious state. Over recent years hypnosis, through mediums such as stage hypnosis, has developed a reputation for being manipulative and misused. The style of hypnosis taught on our programmes is permissive and empathic, and so although still very powerful, it is driven by ethics and compassion.

# Developmental Psychology

## UNDERSTAND THE PAST

Developmental Psychology is the study of how our formative years shape our personality and behaviour. Familiarity with a wide range of psychological and psychotherapeutic maps of ego and personality development is vital to developing an understanding of the challenges and issues we face in our lives today.

# NLP (Neuro-Linguistic Programming)

## THE USER MANUAL FOR YOUR BRAIN

NLP is the science of understanding how people create their experience of the world, and how this can be changed. It was originally created by Dr. Richard Bandler and Dr. John Grinder in the 1970's, and has been further developed by a number of different clinicians and practitioners since that time. NLP effectively provides the tools and processes to work with patients' conscious and unconscious minds. NLP is most famous for its ability to wipe out life long phobias in as little as a few minutes, but it has groundbreaking applications in a whole range of therapeutic areas.

# Coaching

## CREATE YOUR FUTURE

Coaching is the process of finding out where people are in their lives in the current moment, where they want to be, and then helping them create a plan to get there. Providing a more solution oriented model than traditional psychotherapy, Coaching is a crucial tool in ensuring that changes are not just theoretical, but have a clear actionable plan in the client's daily life. Our approach to Coaching incorporates the ICF teaching model and weaves this into the Therapeutic Coaching™ model as a whole.



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## Mindfulness

### LIVE IN THE NOW

The practice of mindfulness is about learning to hold our attention present to this moment and what is immediately in front of it. Drawing on elements of secular meditation practice, we support students in learning to train their mind to concentrate and be present. This is invaluable not just as a therapeutic tool to make available to clients, but also for one's own clarity and attention as a practitioner.

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## EFT (Emotional Freedom Technique)

### HEAL YOUR PAST

EFT works on the premise that all negative emotion is stored as an imbalance in the energy system. Therefore, by tuning into emotional issues, and then tapping on various acupuncture points, it is possible to help people let go of issues that they have felt trapped by for years. EFT is a particularly powerful way to work with past memories which have been undigested and so hold us back from living our real potential.

Working with the powerful toolkit, you will be able to support people with a wide range of issues, including:

- MANAGING STRESS AND ANXIETY
- CONFIDENCE AND SELF-ESTEEM ISSUES
- CULTIVATING OPTIMUM HEALTH
- CALMING THE NERVOUS SYSTEM
- CREATING POSITIVE RELATIONSHIPS
- OVERCOMING FATIGUE
- HEALING DIFFICULT EMOTIONS
- OVERCOMING PHOBIAS
- SMOKING CESSATION
- CREATING WORK-LIFE BALANCE
- WEIGHT MANAGEMENT
- SUPPORTING CLIENTS TO CREATE CHANGE





# Level 1

FULLY ONLINE TRAINING WITH PRE-RECORDED AND LIVE TEACHING







Level 1 is open to anyone, whether you are wanting to apply these tools for your own personal journey, as part of your professional development or to embark on a new career path. Level 1 runs over four months, and comprises online video training session and live group video teaching, alongside practical exercises. This part of the course is taught purely online and we welcome students from around the globe, and accommodate all time zones.



# Module 1: Foundations of Therapeutic Coaching™

This first module is an introduction to the key principles and skills that underpin Therapeutic Coaching™. You will learn how to set up a session, build rapport and develop the skills to listen and question at a deep level in order to understand what is truly going on for the client. You will also learn powerful mindfulness techniques to help develop your own capacities to emotionally hold and stay present with clients.

Key areas covered:

- Foundations of the Therapeutic Coaching™ model
- How to truly listen to your clients
- Skilful questioning for getting to the core of what is going on
- Mindfulness skills to support building presence and support

# Module 2: States and How to Change Them

This module is an introduction to the foundational NLP concepts of how we create our experiences, emotional responses, and behaviour. With conscious awareness of our “state” and all that influences it, we are able to empower ourselves and our clients to become proactive rather than reactive in our/their inner experience.

Key areas covered:

- Hypnosis fundamentals
- Modalities, submodalities and how we store and code our experience
- How we create states
- Anchoring techniques for changing our state

## Module 3: Rewiring the Brain for Change

Module 3 builds on Module 2 to explore powerful techniques for creating lasting change in our thinking and behaviours. You will learn how to map your clients thoughts and belief patterns, and then develop effective interventions for creating change. In particular you will focus on the STOP Process, a key technique in the Therapeutic Coaching™ toolkit.

Key areas covered:

- Introduction to working with thoughts and beliefs
- How to create a map of your clients experience
- The Enneagram
- The STOP Process
- How to apply the STOP Process to any issue

## Module 4: Emotional Healing

In this module we explore the sensitive and complex area of how to work with our emotions. Whereas some popular psychology approaches talk of “positive” and “negative” emotions, we believe that all emotions serve a purpose, and learning to understand, feel, and process, all of our emotions is a much healthier and more effective approach.

Key areas covered:

- Emotional defences
- Core emotional needs
- ECHO Model of trauma
- Parts therapy
- Inner conflict resolution
- Introduction to EFT (Emotional Freedom Technique)



# Level 2

ONLINE TRAINING WITH PRE-RECORDED SESSIONS, LIVE TEACHING AND SUPERVISED PRACTICE SESSIONS, CULMINATING IN A 5-DAY INTENSIVE (ONLINE OR IN PERSON)







Level 2 comprises 7 teaching modules and runs over approximately 8 months (subject to your start point). At Level 2 our focus is on developing the skills to work with others, as well as continuing to apply the tools and concepts to yourself. In addition to the online learning there is a 5-day intensive (with options to participate in person or online) to support deepening learning and gain hands-on experience. At the end of Level 2 there is an online assessment process, at the end of which you will receive feedback from your tutors and decide on your next steps through the course. Students who pass Level 2 will be able to progress to Level 3. To join Level 2, you must have completed Level 1.



## Module 1: Advanced Mapping

At the heart of all Therapeutic Coaching™ work is being able to truly map the issues that are going on for clients. In this module we focus on various therapeutic maps to get a deeper sense of what is going on for clients.

Key areas include:

- How to manage a practice session
- Recap of CLEAR and mapping tools
- Neurological levels and Neurological levels process

## Module 2: Advanced Cognitive and Belief Work

This module develops skills built in Level 1, exploring our cognitive patterns and thinking processes, what underpins them, the impact they have, and how to create changes in our thinking. Particular emphasis is paid to not just going deeper into the STOP process, but how to teach it effectively to others, and what makes it work in a real world setting with complex client issues.

Key areas include:

- Advanced questioning models, including Meta model
- Long STOP Belief Change Model

## Module 3: Advanced Resourcing

In this module you will recap what you have learnt at Level 1 about states and anchoring, and learn a detailed process for resourcing your clients.

Key areas include:

- Recap of states and anchoring
- Current state/ Desired state process

## Module 4: Advanced Hypnosis

This module focuses on deepening students' knowledge and experience of hypnosis, and developing confidence with the more advanced Ericksonian language patterns and techniques. It also explores how to develop and use metaphor and story therapeutically, in the context of hypnotic trance.

Key areas include:

- Recap of Basic Hypnosis
- Advanced language patterns
- Therapeutic Metaphor and storytelling

## Module 5: Advanced Parts Work

This module focuses on going deeper with Parts work, recapping Parts tools learnt in Level 1 and building on these with a more advanced Parts process.

Key areas include

- Recapping Parts and Conflict resolution
- Transpersonal theory
- Core Transformation Process

## Module 6: Healing the Past

Module 6 gives an overview of the key theories of early childhood development, looking at the impact of the early years on later behaviour and emotional issues, as well as a powerful approach for working with the early roots of an issue, to change beliefs and long-held emotions and symptoms.

Key areas include:

- Development and Attachment theory
- Principles of Timeline
- Working with Timelines for emotional healing



## Module 7: Advanced Coaching Toolkit

This module provides students with tools to support clients to identify where they are now, get specific about what they would like, and identify the blocks and issues that may be in the way. We will particularly focus on key elements from traditional coaching approaches, recapping these and integrating them within the specific context of Therapeutic Coaching™.

Key areas include:

- Wheel of life recap and integration
- Goal setting recap and integration
- Values

## Masterclass: Trauma Informed Working

To support you in safely practicing with fellow students, you will participate in a Trauma Informed Working masterclass during your Level 2 studies.

## Level 2 5-day Intensive

For a deeper dive into the techniques and theoretical elements, alongside providing the space and holding for experiential work, there is a 5-day intensive included within Level 2. This is held in London, with an option to complete remotely if preferred, and is compulsory if you wish to progress to Level 3. If you are taking the course for self-development and prefer not to attend in person, recordings will be provided.

Key components will include:

- Teaching sessions from Alex and Anna
- Practice sessions with other students
- Live demos with Alex and Anna
- Group exercises
- Daily meditation





# Level 3

GRADUATES BECOME A CERTIFIED THERAPEUTIC COACH™





Level 3 is designed to equip students with the ability to apply all the Therapeutic Coaching™ tools in a real-life client setting. Taking the experience that we have gained over 20 years of clinical practice, we support students to hone these skills, via live teaching sessions, live demonstration and analysis sessions, small group supervisions and supervised practice sessions. At the end of Level 3 there is a powerful 5-day residential where we aim both to cement learning and support deeper personal growth, ready for the move into certified practice as a Therapeutic Coach.



## Level 3

As we help to prepare you for building your real-life coaching practice, Level 3 moves beyond theories and techniques, to how to make them work in a real-world clinical setting. With a further year of tutorials and group coaching sessions, we will support you in developing your own clinical style, and developing the skills you need for a successful practice.

Masterclass topics include:

- Ethics
- Boundaries
- Self-care and practice management
- How to build a successful practice

The Level 3 course comprises: online live masterclasses, analysis of live and pre-recorded sessions, small group supervision sessions and supervised practice sessions.

## Level 3 Residential

There is a 5-day residential at Level 3. The primary focuses of this in person training are to deepen clinical skills, benefit from more intensive group work, and for in person assessment. In-person attendance at the residential is a requirement for certification.

# Practical elements for Level 3

## Written work

Students will complete regular learning journals, and additionally, seven book reviews and at least one case study. A self-reflective essay is submitted at the end of the course. The purpose of these is not so much as to test academic abilities, but to allow students to demonstrate knowledge of the different approaches and their aptitude at integrating and applying the different approaches. It is also a chance for the students to show their capacity to reflect on their own learning through the course, and to demonstrate their grasp of what is needed to develop a healthy therapeutic relationship with a client.

## Observation

Observation sessions are one of the cornerstones of Level 3 training and occur in three formats:

1. As part of the 5-day residential, students will undergo observation during practice sessions and receive feedback from trainers.
2. During live supervised practice sessions.
3. Additionally, students will be asked to film/ document practice sessions (with client permission) to share with their tutor. Students will receive in-depth feedback and analysis of these sessions.

Observation and assessment: assessment happens throughout the course. In tandem with written case studies and tutorial work, allow the course tutors and trainers to assess progress and competence levels, in order to support where needed, and for accreditation purposes. Written assessment criteria will be provided at the start of Level 3.



# Application, assessment and accreditation

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## Application Process

You can register for Level 1 online on our website. To apply for Levels 1 & 2 together, please first complete the application form (you can find at [www.TherapeuticCoaching.com](http://www.TherapeuticCoaching.com)). We will then reply to inform you of the next steps based upon your application. Our primary requirements for accepting students onto our training courses are:

- 1 To demonstrate appropriate life experience
- 2 To have good communication skills
- 3 To have the academic abilities to keep pace with the academic components of our courses (our courses are more experiential than academic in nature, but obviously basic skills are required in this area)



# Course Accreditation

The areas covered by our courses are self-regulated, and we have made every effort to work with the best governing bodies available, specifically focusing on organisations that insist on clinically based training. The coaching element of the course is accredited by the International Coaching Federation (ICF). The EFT elements of our courses are covered by EFT International. Our Level 3 course is accredited by the BIH (British Institute of Hypnotherapy). Completion of the Therapeutic Coaching™ Level 3 course therefore supports your application for membership of some or all of those governing bodies.

Upon successfully completing Level 3, you will become a qualified Therapeutic Coach. This qualification allows you to get full professional indemnity insurance. This is the case, in principle, for all - whether you are based in UK or internationally, and working in your country of residence and/or internationally.

For ICF and EFT International, the Therapeutic Coaching™ course provides the training needed to begin your accreditation process with them. Please note there are additional costs and requirements associated with applying for and completing your accreditation and membership of these bodies.



# Course Fees

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## Level 1

UK: £2,799  
USD: \$3,399

Level 1 starts in February 2024 and runs for 4 months.

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## Level 2

UK: £4,349  
USD: \$5,449

Level 2 starts in July 2024 and runs for 8 months.

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## Level 3

UK: £2,949  
USD: \$3,599

Level 3 starts in March 2025 and teaching runs up to 12 months with a 5 day in person residential in March 2026.

There will be a supplementary accommodation cost which can vary depending on room type option that you select.



# Scholarships

The Alex Howard Group has two scholarship programs to develop strategic commitments for the application and evolution of the Therapeutic Coaching™ methodology. These 50% and 75% scholarships are initially for Levels 1 & 2, but will be continued through to Level 3 if candidates are successful in progressing through the course. Applications will be accepted at any time, and will be reviewed by the Alex Howard Group Diversity, Equity and Inclusion Committee.

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## Scholarship for individuals from a minoritised ethnic background

We believe that a current lack of cultural and ethnic diversity within the Therapeutic Coaching™ community can result in potential clients feeling less drawn to seek out therapeutic support due to a lack of visible representation amongst practitioners. We hope to break this cycle by encouraging a more diverse student body and, in time, practitioner base.

For each calendar year we offer two 50% scholarships and two 75% scholarships for candidates from minoritised ethnic backgrounds. Candidates must demonstrate a strong personal commitment to self-development, and a sincere and credible intent to work as a practitioner in the field upon graduation.

**HOW TO APPLY** - Scholarship applications can be made once you have been accepted onto the Therapeutic Coaching™ Course. If you are successful, you will be notified and at that point, you can then begin your scholarship application. Applicants are required to send a 2-3 minute (maximum) video explaining why you believe you are a strong candidate, to detail as much as you feel comfortable how the scholarship would financially benefit you, and furthermore, the proposed impact you intend to make post-qualification. To apply or for further information, please contact [applications@therapeuticcoaching.com](mailto:applications@therapeuticcoaching.com).



# Scholarship for those working with low socio-economic communities

We recognise that sometimes those with the greatest need for effective therapies are those least able to access them. We are passionate about ensuring our work reaches low socio-economic communities, and so are looking to support practitioners who specifically work with such communities.

For each calendar year we offer two 50% scholarships and two 75% scholarships for candidates currently working with low socio-economic communities and looking to deepen their skillset. Candidates must clearly demonstrate a strong personal commitment to self-development, evidenced current work in the sector, and how Therapeutic Coaching™ will help support developing this impact. Furthermore, candidates will need to provide two industry references that support their application.

HOW TO APPLY - Scholarship applications can be made once you have been accepted onto the Therapeutic Coaching™ Course. If you are successful, you will be notified and at that point, you can then begin your scholarship application. Applicants are required to send a written application outlining your current work and its impact, to detail as much as you feel comfortable how the scholarship would financially benefit you, and how Therapeutic Coaching™ training will help evolve this. This needs to be accompanied by a 2-3 minute (maximum) video summarising the key points and two industry references. To apply or for further information, please contact [applications@therapeuticcoaching.com](mailto:applications@therapeuticcoaching.com).

Please note that we receive a high number of applications and as such this is a highly competitive programme which requires substantial evidence of current status and future impact. Students will also be required to feedback their future impact post compilation of the programme.



# Practical Information

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## How do we support you?

We place a strong emphasis on supporting our students right through the training process. From the moment you commit to joining the programme, to qualification and beyond, our priority is ensuring that you have the help and assistance you need. Some of the ways we do this are:

- The student to teacher ratio - due to the heavy emphasis on clinical skills, our tutor groups are deliberately kept smaller than in many other courses to ensure you have the attention you need.
- Supervised Practice Sessions - From Level 2 you will be part of a small online practice group supervised by one of the Therapeutic Coaching™ team tutors.
- Students are given recordings of all sessions, meaning that reviewing of the course can be done at any time. It is also recommended that students use these recordings to support your ongoing learning.

- You will fill out self-reflective forms throughout the training process, allowing us and you to track your progress and identify any periods where you might be struggling and need some additional support.
- We constantly encourage you to use the tools to support yourself, which is a key ingredient to becoming an effective practitioner.

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## What is the format of the training?

- New online modules are released monthly via our online teaching platform. Watch these in your own time, then join live teaching calls.
- You'll share your reflections in a monthly self-reflective form, read books off our recommended reading list, and if you wish to, and from Level 2 connect with fellow students for supervised practice sessions.
- At Level 3, the frequency of calls and expectations around practice sessions increase to support your learning & development.

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## How much time should I commit?

We recommend an average of approx. 15 hours per month at Levels 1 & 2 to enable students to keep pace with the course, with more than this beneficial for self-development and practice. At Level 3 you will likely need to invest significantly more time than this per month, approx. 8-12 hours per week. Please note that to continue to Level 3 there is a certain level students need to obtain to be accepted – how many hours this takes depends very much upon previous experience and speed of learning.



## What are the time frames of the training?

Levels 1 & 2 can continue seamlessly over a 12 month duration, or with a break between.

Should you wish to, you can revisit Level 1 and/or 2 once more (for a small additional fee), which gives you the opportunity to consolidate and deepen your learning.

Attendance at the Level 2 5-day intensive (online or in person) and satisfactory performance at online assessment is mandatory to progress to Level 3, and once you have demonstrated this, you'll be in a position to progress to the next available intake for Level 3, if you choose.

Dependent on your start date at Level 1, then Level 3 may follow on immediately from Level 2, or there may be a period of a few months in between.

Teaching at Level 3 covers a duration of up to 12 months, and the Level 3 in person residential follows after this. Your graduation and the timeframe of that is dependent on your attendance at the Level 3 in person residential, and that your observed sessions at the residential, in addition to all submitted written materials, meet the assessment criteria.

We believe that this offers you a lot of flexibility in the pace of your learning, and we encourage you to speak with us if your timeframe of qualification is a significant criteria for you.

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## Residential

At Level 3, the residential is currently planned at Broughton Hall in Yorkshire (venue can be changed with reasonable notice).

Your Level 3 fee includes all teaching at the residential, but there is a supplementary accommodation cost which can vary depending on room type option that you select.

Please note you will need to make your own transport arrangements to and from the venue, and the cost of this is not included within the cost mentioned above.

If you are unable to attend the residential within the year of your group, you may be able to defer to a future group with prior approval and at our discretion.

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## Networking

We support and encourage students and alumni to network with each other via a private Facebook group. All new students will be invited to join this, and membership is entirely optional.

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## Complaints Procedure

In the event of any grievance or complaint, please first bring it up with one of our trainers, or Alex Howard directly. If the issue has not been resolved satisfactorily, issues can also be discussed with our various governing bodies.



[applications@therapeuticcoaching.com](mailto:applications@therapeuticcoaching.com)  
[www.therapeuticcoaching.com](http://www.therapeuticcoaching.com)