

Counselling for Depression (CfD) general information

CfD Commissioning Info (flyer) Counselling for Depression is a manualised form of psychological therapy as recommended by NICE (NICE, 2009) for the treatment of depression. It is based on a person-centred, experiential model and is particularly appropriate for people with persistent sub-threshold depressive symptoms or mild to moderate depression. Clinical trials have shown this type of counselling to be effective when 6 - 10 sessions are offered. However, it is recognised that in more complex cases which show benefit in the initial sessions, further improvement may be observed with additional sessions up to the maximum number suggested for other NICE recommended therapies such as CBT, that is, 20 sessions.

If you are looking more information about CfD including curriculum and training materials, competences and commissioning guidance, please visit the IAPT webpages: [IAPT Hi CfD](#)

CfD counsellor training is available to person-centred qualified and experienced counsellors. It consists of a five-day taught programme, followed by a period of supervised, assessed clinical work, during which a minimum of 80 hours of CfD client practice must be completed. Therapists wishing to train as CfD supervisors must have completed the CfD counsellor training successfully.

BACP works in partnership with a number of Higher Education Institution (HEI) partners to deliver Counselling for Depression counsellor and supervisor training as CPD to the NHS. BACP-approved CfD training providers are HEIs with CfD training teams that have been inducted and trained according to BACP procedures. IAPT: accreditation of CfD training BACP is working with the following providers and endorses the CfD training provided by them:

Colchester Institute

Keele University

Metanoia (London) University of Nottingham

York St John University It is a Department of Health requirement that IAPT Hi-Intensity training is quality assured and monitored by the relevant professional body. Training is only available where IAPT regions or local NHS organisations have commissioned training (not available privately). Training places are offered by nomination/invite. To find out about what training might be available in your area, please contact your service manager, regional lead or Local Education and Training Board (LETB) as appropriate. LETBs

BACP is unable to answer general enquiries about how to become a CfD counsellor, how you can access CfD training in your area or whether your region will offer you training. Funding for non-CBT modality Hi-Intensity training on IAPT is available through Local Education and Training Boards (LETBs) for 2013-14. If you would like to commission CfD CPD training for qualified counsellors or supervisors in your NHS region and are in a position to do so, please contact Allie Griffiths BACP's Project Manager for Courses & CPD. All CfD training providers are inducted by BACP, which also approves (endorses) the programme delivery.

Allie

If you are already accredited as a counsellor/psychotherapist with BACP and complete your CfD counsellor training successfully, you might want to consider including it in your application for Senior Accreditation (Healthcare Practitioner). Please see Senior Accreditation Schemes for more information and criteria

Links:

<http://www.metanoia.ac.uk/person-centred/Counselling+for+Depression>

<http://www.yorks.ac.uk/health--life-sciences/faculty-of-hls/cpd-and-lifelong-learning/counsellors/counselling-for-depression.aspx>