



# therapeutic ⊕ coaching

Course Prospectus 2022



"Just like no one diet is perfect for everyone and should be tailored to the individual, no coaching technique can be applied the same way to everybody. Learning a variety of tools and how to integrate them and customize them has been truly invaluable. I loved learning different techniques and how to recognize what a client's needs may be at any given time."



Aisling Wharton

Integrative Health Coach, USA

"The flexibility of the course is outstanding and has allowed me to work at my own pace. The support offered from course tutors is second to none. It has been truly life changing for me. I am excited to work with clients to enable them understand themselves and to make the steps towards a bright and happy future."



Kerry Kirkman

Teacher, UK



"I feel blown away by the incredible content, learning, and self development I have undertaken thanks to the brilliance of this course. It has taken me down a path I could never have even dreamt of, and confirmed my choice in wanting to become a Therapeutic Coaching practitioner."



Anne-Fabienne

France





# Introduction

Therapeutic Coaching is a coaching based model which integrates key principles of hypnotherapy, developmental psychology, NLP, life coaching, EFT, and mindfulness to help people live a happier, healthier and more relaxed life. The groundbreaking 18-month\* certification programme has been running since 2005 and is accredited by The International Coaching Federation (ICF), the Complementary Natural Healthcare Council (CNHC), British Institute of Hypnotherapy (BIH) and EFT International.

\*18-months is dependent on start date 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 with a specialism in the diagnosis and treatment of ME, CFS and Fibromyalgia along with CAM (complementary and alternative medicine) based approaches for optimizing health, relaxation and general well-being. The clinic's team of over twenty practitioners has supported 10,000+ patients in 50+ countries around the world.

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 Optimum Health Clinic. 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 Keys' 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, learning journals, and homework assignments. We also provide ongoing access to all materials, ensuring that if you miss anything or want to review you can do so easily. As part of the training, at Levels 2 & 3 we have in-person residential 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 Optimum Health Clinic over the last 18 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 they are truly equipped to work with clients when they 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. They 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 & TRAINER

Alex holds a first class degree in Psychology from the University of Wales, where he was awarded "Best Student Award" by the British Psychological Society, and has a number of qualifications in various mind-body healing approaches. Alex is well known for his approachable style, and ability to take complex ideas and make them easily understandable. He is the author of "WHY ME? My Journey From ME to Health and Happiness," along with various academic papers in publications such as British Medical Journal Open, and Psychology and Health.

Alex is also Founder and CEO of The Optimum Health Clinic which has patients in 50+ countries globally, and where he is responsible for its ongoing leadership and vision. This includes overseeing a randomised controlled trial on its approach to treating ME/CFS with NHS patients.

Alex's online coaching programs such as The RESET Program, and online events such as the Fatigue Super Conference, have been attended by tens of thousands of people globally.



## 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 approximately 15 years and played a crucial role in the development of the Therapeutic Coaching model alongside Alex.



## Emma Johnson BSc (Hons),

MBPsS HypCert  
TRAINER

Emma has an honours degree (BSc) in Psychology and Counselling, and has undertaken further postgraduate training in psychotherapy and counselling. Emma has over 20 years experience in public, private and voluntary sectors working with survivors of abuse, mental health service users, young people and people living with HIV and AIDS. More recently, Emma developed a passion for the cutting edge methods, broadly termed Energy Psychology and Brief Solution-Focused Approaches. To further this passion, she has gained qualifications and experience with EFT, NLP and hypnotherapy. Emma is committed to working with everyone as an individual, and supporting them in finding their own path to transformation. Emma brings an unrivalled level of experience of the tools being taught in extreme environments in the real world and is deeply passionate about the potential within all of us change.



# 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.

## Life Coaching

### CREATE YOUR FUTURE

Life 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, Life 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.



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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 non-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

INCLUDES THERAPEUTIC COACHING LEVEL 1 CERTIFICATE OF COMPLETION





This course is open to the general public, and covers applications for personal and professional development. The course runs over four months, and is comprised of online video training, live group video call tutorials and small group coaching, alongside written assignments and feedback.

The course is taught online and we welcome international students from around the globe and give consideration to the time zones of all of our students.



# Module 1: Understanding the Client

This first module is an introduction to the key principles and skills that underpin Therapeutic Coaching. You will learn how to make sense of both yours and other's models of the world using various maps and models, and you will also learn how to set up a session and build rapport with your clients.

Key areas covered:

- Mapping the issue and truly understanding your client's world view
- An introduction to the core Therapeutic Coaching models
- Creating rapport and building the client-coach relationship
- Powerful listening and skillful questioning

# Module 2: States and How to Change Them - Part 1

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:

- Basic hypnotic language patterns
- Introduction to States and Submodalities
- Anchoring techniques
- Strategies and how we create them
- How to influence and motivate clients to change their states

# Module 3: States and How to Change Them

## - Part 2

Continuing on from Module 2, key areas covered in Module 3 are:

- Current state - Desired state
- The STOP process
- Mindfulness and meditation techniques

## Module 4: Working with Emotions

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:

- The 6 emotional styles and how to work with them
- How to make space for, and feel, our own and other’s emotions
- An introduction to Parts work
- The Conflict Resolution Process
- An introduction to EFT
- EFT personal peace process
- EFT for addictive cravings
- EFT for physical discomfort and pain

As part of the Therapeutic Coaching course, and in addition to the teaching of introductory EFT tools within this module, you will be invited to attend an EFT Level 1 online course.

# Level 2

INCLUDES THERAPEUTIC COACHING LEVEL 2 CERTIFICATE OF COMPLETION





The course runs over eight months, with the emphasis towards learning to work with others in a coaching context, alongside continuing to work with oneself. The course is comprised of online video training, live group video call tutorials and small group coaching, with written assignments and feedback. In addition to the online learning, there is a 5-day residential (with options to participate in person or online) to support deepening of learning and hands-on experience. To join Level 2, students must have completed Level 1. Level 2 can be booked in conjunction with Level 1.



# Module 1: Mapping the Issue

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, along with how to build the rapport and trust to invite the client to truly open up.

Key areas include:

- Advanced rapport
- Perceptual positions
- Spiral Dynamics
- Enneagram
- Neurological levels

# Module 2: Cognitive Patterns

This module develops skills built in Module 2 of 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:

- Belief elicitation
- Belief reframe patterns
- Meta-programs
- Questioning models
- Advanced Stop Process

## Module 3: 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:

- Advanced language patterns
- Arm levitation
- Working with metaphor
- Anaesthesia

## Module 4: Healing the Past

Module 4 gives an overview of the key theories of early childhood development, and looks at the impact of the early years on later behaviour and emotional issues.

We then introduce students to several powerful approaches for working with the early roots of an issue, in order to change beliefs and long-held emotions and symptoms.

Key areas include:

- Attachment theory
- Time Line Therapy
- Belief Reimprinting



## Module 5: Advanced Work With Emotions

This module focuses on building on students' skills in working with emotions from a number of different angles. This includes deeper work with Parts work, a deeper understanding of the emotional styles, and an introduction to EFT Level 2 tools and principles.

Key areas include

- Advanced parts work
- Core Transformation process
- Therapeutic Coaching model of Inner Child work
- EFT Level 2 tools
- EFT for phobias
- EFT Palace of Possibilities

Please note that EFT Level 2 live teaching is an option that can be taken after completion of TC Level 3.

## Module 6: Coaching Toolkit

Module 6 allows 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 life coaching approaches, but ground and teach them within the specific context of Therapeutic Coaching.

Key areas include:

- Wheel of life
- Goal setting
- Values alignment
- The mindset of change

## Level 2 Residential

To support a deeper dive into the techniques and theoretical elements, alongside providing the space and holding for experiential work, there is a 5-day residential included within Level 2. This is held in England, 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. You have the option of either joining a residential in either late 2022 or 2023.

Accommodation and food costs are included with course fees. You are responsible for your own travel costs to the event. The price is the same for the online option.

Key components will include:

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

## Levels 1&2 Written Work

Students complete monthly learning journals throughout Levels 1 & 2, to reflect on their learning, demonstrate understanding and communicate this with their tutors.

Additionally, during Level 2 there is a requirement for two book reviews and a case study. These are a few pages of A4 in length. 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. These will form part of the assessment of whether a student demonstrates sufficient skill and learning to move on to Level 3.

# Level 3

GRADUATES BECOME A CERTIFIED THERAPEUTIC COACH





This course is specifically for those who are looking to set up their own practice, and so includes the components necessary to have full professional insurance and to join the most reputable organisations. The course is comprised of online video training, and live group video call tutorials and small group coaching. In addition there is a 5-day residential to support deeper experiential learning, and assessment of students for certification. Level 3 can only be applied for once suitability is demonstrated at Level 2, including residential (online/ in person) attendance.



## 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 six months 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.

Key areas covered include:

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

Each module consists of online learning with live masterclasses, conference calls and small group case study and coaching calls to discuss and explore the topics. You will also watch films of us working with real-life clients and together we will dissect and analyse these sessions for points of language and technique, as well as themes and approaches used.

### Level 3 Residential

There will be a further 5-day residential at Level 3. This will have a similar format to Level 2, but will be a smaller group and with a stronger emphasis towards observation and supervision. In-person attendance at this residential is a requirement for certification.

# Practical elements for Level 3

## Written work

Students continue to complete regular learning journals, and a further seven book reviews and three case studies. These are a few pages of A4 in length. 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.

## Live observation

Live observation sessions are one of the cornerstones of Level 3 training and occur in two formats:

1. As part of the 5-day residential, students will undergo observation during practice sessions and receive feedback from trainers.
2. 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.

Live observation and feedback, 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.



# Application, assessment and accreditation

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## Application Process

To apply for a place on one of our training courses, 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)

## Assessment Criteria

- Completion of all online video sessions, and attendance at a L2 and L3 residential as well as >90% of tutorials;
- Completion and adequate performance at all stages of the course (if necessary elements can be redone);
- Demonstration of appropriate personal development and attitude throughout the course (in some cases one-on-one sessions with an appropriate practitioner may be necessary).

## 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) and CNHC (Complementary Natural Healthcare Council). Completion of the TC 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 TC 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: £2,499  
USD: \$2,999

Level 1 starts in January 2022 and runs for 4 months.

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## Level 2

UK: £3,999  
USD: \$4,999

Level 2 starts in May 2022 and runs for 8 months. You have the option to join the 5 day residential in late 2022 or in 2023.

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## Level 3

UK: £2,499  
USD: \$2,999

Level 3 starts in January 2023 (with the option to defer for up to 12 months) and teaching runs for 6-9 months with a 5 day in person residential in mid 2023.

## Levels 1&2 Early booking discounts

### GBP pricing:

Wait list super early booking discount on Levels 1 + 2 together (register before 15th October 2021): £4,199 (35% saving) + RESET Program (35% saving + £397 bonus)

Super early booking discount on Levels 1 + 2 together (register before 1st December 2021): £4,499 (30% saving)

Early booking discount Levels 1 + 2 together (register before 20th December 2021): £4,799 (25% saving)

### USD pricing:

Wait list super early booking discount on Levels 1 + 2 together (register before 15th October 2021): \$5,249 (35% saving) + RESET Program (save 35% + \$499 bonus)

Super early booking discount on Levels 1 + 2 together (register before 1st December 2021): \$5,599 (30% saving)

Early booking discount Levels 1 + 2 together (register before 20th December 2021): \$5,949 (25% saving)

Please note that fees are non-refundable. However, if due to personal circumstances, once having started the course you need to defer to a different course, this can usually be arranged free of charge.



# Scholarship Programme

After a number of requests from promising students who were otherwise unable to afford to attend our training programme, in 2010 we created our popular scholarship programme. Scholarships result in a 35% concession on the full price of Levels 1 & 2, when booked together (not applicable on top of any early bird discounts). Please note that we do not offer full scholarships.

Scholarship places are limited and can be applied for by anyone. Acceptance is at the discretion of Alex Howard. Special consideration will be given to those who can demonstrate how they believe participating in the training will facilitate their own personal development/healing, have a strong desire to help and work with others, and/or who are constrained from participating due to financial circumstances.

To apply, please contact us on [training@alexhoward.com](mailto:training@alexhoward.com) with a short explanation of why you would like to do the training (bearing in mind the above criteria), and why you feel that a scholarship place would make a difference for you.

# Practical Information

## 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.
- Course Tutor - one of the trainers on the course also takes the role of Course Tutor for each group, including leading conference call sessions. The tutor is there to guide and support students throughout their course journey. They work hard to create a relationship with all students, and to have frequent contact during and outside of the course at key points - such as the start, the end of Level 1 and Level 2, and entry to Level 3. The tutor is there to deal with any practical, as well as pastoral issues, that may arise for students on the course.
- 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 their ongoing learning.



- You will keep a learning journal 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 you are learning to support yourself, which is a key ingredient anyway in being 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 2 live tutorial calls per month (approx. 1-2 hour duration) in your tutor groups.
- You'll share your reflections in a monthly learning journal, read books off our recommended reading list, and if you wish to, to connect with fellow students for 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 8 hours per week over the approx. 18 month duration of teaching would enable students to keep pace with the course, with more than this beneficial for self-development and practice.

## What are the time frames of the training?

Levels 1 & 2 continue seamlessly over a 12 month duration.

Within this time, you can attend the Level 2 residential, online or in person. Should you choose, you can defer your residential attendance to a later time (up to 12 months).

You can repeat Levels 1 & 2 once more as a Returning Student (for a small additional fee), which gives you the opportunity to consolidate and deepen your learning.

Attendance and satisfactory performance at the Level 2 residential (online or in person) 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, and your chosen residential course, 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 6-9 months, and the Level 3 in person residential follows after this. Your graduation and the timeframe of that is dependent on your attendance and satisfactory performance at the Level 3 in person residential, and submission and acceptance of your written materials and 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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## Residentials

Levels 2 & 3 each include a 5-day residential, with an online option at Level 2. These will be held in England (currently planned at Broughton Hall in Yorkshire) and accommodation and food costs are included in the cost of the training (please note you are responsible for your own travel costs). Costings are based upon shared accommodation. Single rooms may be possible, and an additional supplement may be charged. 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.



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