

Diploma in Practical Spirituality & Wellness

FAQ Sheet for Prospective Students

What is the professional value of the course? How will it benefit or enhance my CV and career?

The Ofqual badge indicates the professional rigour and trustworthiness of the course. Whatever your profession, the Diploma demonstrates that you are spiritually competent, emotionally literate, inclusive, fully aware of the health benefits of spirituality and able to support others. It is up to you how you integrate this into your career. Some of our graduates are considering practising spiritual companionship as a fulltime professional service, but we are a young network and community, and this aspect of our work is in development.

What is the benefit of taking a course accredited by Ofqual?

Ofqual qualifications are trusted because Ofqual is the government body that oversees and accredits *all* qualifications outside of the university sector. This includes A Levels and professional qualifications eg: opticians, accountancy, drama and social care. All Ofqual qualifications have been through a rigorous assessment and approval process. Our Diploma is therefore also Ofqual approved. You can read the full documentation for our Diploma here: <http://www.spiritualcompanions.org/wp-content/uploads/2016/09/Practical-Spirituality-and-Wellness-Ofqual-Spec.pdf>

Do I have to commit to all sessions?

Because of the way the course builds and our respect for the group dynamic we ask students to commit to all sessions. Of course we recognise that crises or crucial events may intrude on your commitment. The course consists of 32 half-day sessions. If you miss 6 sessions we will need to assess your situation.

Can I opt out mid-way if I get too busy and rejoin another group later?

No.

Apart from attending the course sessions how much time roughly will I need to spend completing course related work?

- Daily spiritual practice between twenty minutes and an hour.
- Eight home group meetings, each lasting ninety minutes; plus reflective notes in your Portfolio.
- Twelve companioning sessions (formal or informal); plus reflective notes in your Portfolio.
- Responses to thirty-five questions in your Portfolio.
- Reflective notes on each classroom session
- Some time reading and watching relevant videos.

What's a typical session like?

Our course is taught in a workshop format: mini-presentations, group exercises, led meditations, pair discussions, small group discussions, full group discussions, time to reflect and make notes for the Portfolio.

What are the other people on the course like?

Our learners tend to be a mix of ages and backgrounds. There is always a shared interest in spirituality and caring for others.

I belong to a religious faith group. Is this course right for me?

We welcome people of all faiths and none. We appreciate the jewels in all traditions. And we ensure that all our students share these same values.

Is there any one-to-one tutorial or peer support, or will I always work as part of a group?

You will have a tutor who will be monitoring and supporting you with a light touch. You will also be in a small 'home group' of supportive peers throughout the course.

How will I be assessed and what feedback will I be given? Can I fail the course?

Assessment is via a written portfolio, feedback from your peers and observation by the tutors. We have a committed policy of Early Intervention. From the earliest sessions and the very first entries in your portfolio we will be able to assess if there are any problems and will give you feedback. Using this process we do not foresee any failures, especially because we are not looking for academic excellence but are focused on personal and spiritual development.

I have dyslexia. What adjustments are available for me?

You will find our Adjustments Policy here:

<http://www.spiritualcompanions.org/wp-content/uploads/2016/11/SC-Reasonable-Adjustment-Policy-2016.pdf>

We are very happy to have a conversation with you in advance to assess how best we can welcome and support you.

What happens at the end of the course? Is there ongoing support? Are graduates encouraged to stay in touch or is there any further training available?

We have regular gatherings and CPD events. We have online and Facebook groups. Our policy and culture is to be friendly and supportive companions to each other, professionally and informally. Often the students from a course continue to meet.

Will I have to provide an annual record of CPD after I complete the course?
We are in the process of clarifying how best to do this.

Can I complete the course work in the library as I don't have a PC at home?
Yes.

Will I get a recommended reading list?
Yes

I am an accredited counsellor/therapist/healer. I use a spiritual approach in my work. Can I use prior training to provide evidence for some of the criteria on this course?
No that is not available now.

What options do I have for furthering my education after this course?
Within the framework of the Spiritual Companions Trust you will have the opportunity for further training in two courses: How to Teach & Lead Meditation and Celebrancy. Outside of Spiritual Companions our diploma is a good starting point for training in psychotherapy and counselling, caring, or ordination in a faith community.