

# Practical Considerations for Training: A Summary List

Write two lists of 10 items each: first, what motivates you to undertake training in therapy; second, what practical factors would you need to take into account to manage the demands of training (e.g., finances, time, etc.). Having completed these lists, consider the balance between 'costs' and 'benefits'.

	<b>Motivations</b>	<b>Practical considerations</b>
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## Things To Consider

- ü Client group and working context you are interested in
- ü Purism or pluralism: modality of training
- ü Where to study: geography and type of training setting
- ü Cost implications
- ü Different approaches to teaching used on course
- ü Previous personal experiences of therapy
- ü Other personal motivations
- ü Why are you interested in undertaking training to become a counsellor or psychotherapist?
- ü What do you already know about therapeutic concepts and ideas? Which ones appeal to you, and why?
- ü What do you know of the financial requirements of training, and are you prepared to meet them?
- ü What do you know of the personal requirements of training, and are you prepared to meet them?
- ü Have you talked through your thoughts regarding training with your partner, family or friends and explained the demands of training and how they might be impacted by them?
- ü Do you have the time?
- ü Do you have any ambitions to work with a particular client group or in a particular setting? If so, have you researched if there are any specific training requirements?