



Iron Mill College

Education & Training in Mental Health & Wellbeing

Established 1981

www.ironmill.co.uk



2025/26

SEPTEMBER 2025 - JULY 2026

IRON MILL PROSPECTUS

YOUR LOCAL COUNSELLING AND PSYCHOTHERAPY COLLEGE

WELCOME TO IRON MILL COLLEGE



I'm delighted that you are interested in studying at Iron Mill College. We're very proud of our heritage, having spent over 40 years helping people achieve their ambition, to become a counsellor or psychotherapist.

We are committed to fostering a learning environment that inspires curiosity, cultivates critical thinking, and empowers students to reach their full potential. Our campuses are hubs of activity, where students from various backgrounds come together to share ideas, engage in meaningful dialogue, and develop lifelong friendships.

The education you will receive at Iron Mill College is not just about earning a qualification; it's about making a profound impact on individuals and communities outside of the College. As future counsellors and psychotherapists, you are embarking on a career that will enable you to:

Promote Mental Health: Support individuals in overcoming challenges, improving their mental health, and leading fulfilling lives.

Foster Resilience: Help clients develop coping strategies and resilience in the face of adversity.

Build Stronger Communities: Contribute to the well-being of your community by providing essential mental health services.

In the following pages, you will discover what makes Iron Mill a unique place to learn, grow, and thrive. As you consider your options, please don't hesitate to contact our friendly team, should you have any questions.

We're here to help you achieve your ambition!

TONY HOMDEN
COLLEGE DIRECTOR
tony.homden@ironmill.co.uk

WELCOME TO IRON MILL COLLEGE

Welcome to Iron Mill College where our commitment to academic excellence, personal growth, and community engagement sets the foundation for a transformative educational experience.

As Academic Director, it is my privilege to work alongside dedicated staff who are deeply invested in each student's journey toward achieving their goals. We are proud of our reputation for fostering a vibrant, supportive environment that encourages students to challenge themselves academically while developing skills that will serve them well beyond their time here.

Iron Mill College is known nationally for delivering training of exceptional relevance and quality, combining academic excellence with experiential depth. The balance of this approach ensures that our students not only master the knowledge and techniques of their chosen field but also cultivate the adaptability and skill needed to be exceptional counsellors and psychotherapists.

Our ethos is to partner with our students in a learning environment that actively fosters the mutual exchange of ideas, insights, and experiences. Thank you for considering Iron Mill as the next step in your academic journey.

I look forward to the possibility of welcoming you to our community, where you can begin building a future that aligns with your passions and potential.

DR RACHEL WOOD
ACADEMIC DIRECTOR
rachel.wood@ironmill.co.uk



PROSPECTUS CONTENT

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ABOUT IRON MILL COLLEGE



Iron Mill College was founded in 1981, taking its name from a stream that ran past its original home on the edge of Exmoor, Devon.

We're a specialist college with campuses in Exeter and Poole. We were established with the specific purpose of offering psychotherapy and psychological well-being courses that held space for students to express their individuality and creativity as developing professional practitioners. This continues to be the bedrock of our excellent reputation as a specialist, and leading provider of mental health and well-being education and training.

Since then, we have welcomed over 9000 students through our doors from those starting out on their journey to becoming counsellors or psychotherapists, to seasoned professionals seeking to further their skills. We deliver a range of courses for qualifying and post-qualifying counsellors and psychotherapists, which are laid out in this prospectus. We also have a rich CPD programme.

We also run a professional, affordable counselling service for the local community - Iron Mill Counselling Service. The majority of our counsellors and psychotherapists are mature students in advanced professional training at Iron Mill College and work for the service voluntarily.

We are particularly proud of our alumni who create and run local and regional services; our students join them in direct fieldwork experience that is central to courses; and we are proud to have been creating, contributing to, and supporting this network for over four decades.



Iron Mill College

Education & Training in Mental Health & Wellbeing
Established 1981

YOUR LOCAL COUNSELLING AND PSYCHOTHERAPY COLLEGE

"I have never before learned so much about myself and about where I want to go in the future. I couldn't imagine a better place for my development than at the Iron Mill. The tutors, staff and students are all fantastic. Thanks to all of them."

"My Iron Mill experience has been the hardest but most rewarding and life-changing experience of my life. The way of learning really suits me and the people at the college are passionate about counselling and getting the best out of their students"

"It's a place where you can fully be yourself, and life outside the classroom doesn't exist. This space allows you to fully connect with yourself, and to get to know who you are without any interference."

"I wasn't sure what to expect of the Iron Mill course but I loved every minute of it. The tutors and course content are nothing short of excellent, I would definitely recommend studying here. Thank You so much!"

"I thoroughly enjoyed my time at Iron Mill - there is a relaxed and welcoming atmosphere which makes for a very positive learning environment. My tutor was excellent and the course content was both challenging and enjoyable. I have gained invaluable new skills and made lasting friendships."

COUNSELLING TRAINING

The counselling profession is self-regulating which results in many courses being advertised at various levels and different costs. This variety even extends to online courses.

It's important to remember that Levels ascribed to other types of vocational courses may not always equate to counselling training. This can make it difficult for you to choose the best course. It is more reliable to choose a counselling course based on number of hours studied and the organisations which accredit or quality check courses. All Iron Mill courses are accredited, or quality checked.

The Iron Mill offers an integrative model of counselling which provides students learning opportunities in a wide range of different theories, topics and practice. An integrative approach has become increasingly popular because of the wide range of problems and personalities that present in counselling.



PSYCHOTHERAPY TRAINING

The main professional body for psychotherapists in this country is the UK Council for Psychotherapy (UKCP). They set out Standards of Education and Training for the psychotherapy training courses that they Accredit. These psychotherapy courses are all at least 4 years long, and at Postgraduate level (these are requirements of the UKCP).

At the Iron Mill, the Integrative and Relational Psychotherapy programme is accredited by UKCP. The programme is grounded in Relational Transactional Analysis and the training is recognised by International TA organisations. The programme is designed to lead to qualification as a UK based psychotherapist.



Transactional analysis is an integrative modality, with a depth of theory that has been developed over 60 years and continues to evolve. Because of this, the theoretical concepts link well together and inform thinking about each other and clinical practice. It is an extremely robust theory that allows the psychotherapist to remain grounded, even when working with very complex problems.

EXETER CAMPUS

Iron Mill Exeter Campus

Morwenstow, 7 Barnfield Crescent,
Exeter, Devon United Kingdom, EX1 1QT

01392 - 219200

enquiries@ironmill.co.uk

Our Exeter venue offers a range of facilities for students in two adjacent buildings - 'Morwenstow' and 'The Quadrangle'. Morwenstow is a beautiful and historic building at the end of Barnfield Crescent and is where our college Administration Office is based. The Quadrangle is a fully renovated additional building at the rear of Morwenstow, offering fantastic extra spaces and facilities.



POOLE CAMPUS

Iron Mill Poole Campus

Lower Ground Floor, Unit C Acorn Business Park, Ling
Road, Poole, Dorset BH12 4NZ

01202 743804

enquiries@ironmill.co.uk

Our Poole venue offers a range of facilities for students. There is a kitchen/lunch room with free tea and coffee-making facilities, a fridge, microwave and dishwasher. Students also have access to a library, computer access and enjoy free WIFI throughout the building. There is also access to communal green space outside, with a picnic table and benches.



COUNSELLING TRAINING



Course List

Entry Level Courses

Certificate in Counselling

Certificate in Counselling Blended Learning

Counselling Skills Weekend Certificate

Advanced Courses

Advanced Diploma in Integrative Counselling

Foundation Degree (FdA) in Integrative Counselling

Continuing Education

BA (Hons) Degree in Integrative Counselling

IN PERSON LEARNING CERTIFICATE IN COUNSELLING

Course Information

Part-time, twelve days

In-person training

Exeter and Poole Campuses

Quality Checked by NCPS

Type - Entry Level - Level 3 equivalent

**VIEW
ONLINE**

Start Dates:

Exeter Campus

19th Sept - Friday

20th Sept - Weekend

9th January - Friday

14th March - Weekend

1st May - Friday

Poole Campus

19th Sept - Friday

9th January - Friday

24th January - Weekend

1st May - Friday

Course description

- This course allows you to gain your Certificate in Counselling in one 12-day programme that runs over 12-weeks or 6 weekends over 6 months.
- It will leave you with a deeper understanding of yourself, the healing aspects of relationships and how to support vulnerable others whilst reflecting on personal growth and experience of life.
- Experiential exercises and skills work are integrated throughout the course.
- The course is delivered face to face.
- Available to study in Exeter, Devon or in Poole, Dorset, either as a weekday (weekly) course or as a weekend (monthly) course

Entry Requirements

No prior knowledge of counselling is required for this course but you should feel that you possess a maturity to reflect on your own development as a person. Applicants must be over 18 years old.

Progression

On successful completion of the course, you may apply for and progress onto either our Advanced Diploma or the FdA Foundation Degree in Integrative Counselling course, both of which qualify you as a counsellor.

Cost

£1,140.00 - £1,200.00

Cost depends on the payment option. Visit the website for full details.
Enrolment Deposit of £350.00 (Non-Refundable)

Would you rather do a mix of in person and online learning?

Our **Blended Learning Certificate in Counselling** is the same course content but split into a mix of some in person days and online learning days.

BLENDED LEARNING CERTIFICATE IN COUNSELLING

Course Information

Part-time, twelve days

Online & 3 in-person days at Exeter Campus

Type - Entry Level - Level 3 equivalent

Course description

- This course allows you to gain your Blended Learning Certificate in Counselling in one 12 day programme that runs over 9 weeks.
- It will leave you with a deeper understanding of yourself, the healing aspects of relationships and how to support vulnerable others whilst reflecting on personal growth and experience of life.
- Experiential exercises and skills work are integrated throughout the course.
- The course is delivered online with 3 days of in-person teaching in Exeter, Devon.
- Please note that the content is exactly the same as the face-to-face Certificate in Counselling course.

Entry Requirements

No prior knowledge of counselling is required for this course but you should feel that you possess a maturity to reflect on your own development as a person. Applicants must be over 18 years old.

Progression

On successful completion of the course, you may apply for and progress onto either our Advanced Diploma or the FdA Foundation Degree in Integrative Counselling course, both of which qualify you as a counsellor.

Cost

£1,140.00 - £1,200.00

Cost depends on the payment option. Visit the website for full details.

Enrolment Deposit of £350.00 (Non-Refundable)

Would you rather do just in person learning?

Our [In Person Learning Certificate in Counselling](#) is the same course content but is all taught in person.



**VIEW
ONLINE**

Start Dates:

Exeter Campus
17th April

COUNSELLING SKILLS WEEKEND CERTIFICATE

Course Information

Full time, two day weekend course

Exeter and Poole Campus

Type - Entry Level

Course Description

The Counselling Skills weekend certificate has been developed for students who wish to apply for the Iron Mill advanced courses but have completed their certificate in counselling online, with a tutor. As advanced courses require face-to-face counselling skills experience, the College doesn't accept online only certificates. This weekend certificate provides the additional experience needed and upon successful completion, candidates may make application to the advanced courses, subject to other criteria being met.

There is a such a plethora of online counselling courses, of varying content, depth and hours of study, that we advise you to contact us to check your eligibility for this top up weekend.

Learning Outcomes

At the heart of the Counselling Skills Weekend Certificate are five overarching educational aims. These are that the course will:

- Encourage and provide opportunities for the development of basic counselling skills;
- Enhance student self-awareness and reflective skills;
- Encourage awareness of difference and diversity;
- Facilitate group participation
- Encourage the use of self-reflection

Entry Requirements

A Level 2 or Level 3 Certificate where counselling skills component was delivered online.

Progression

On successful completion of the course, in addition to your initial certificate in counselling training, you may apply for and progress onto either our Advanced Diploma or the FdA Foundation Degree in Integrative Counselling course, or the Transactional Analysis (TA) Psychotherapy (UKATA accredited).

Cost

The course is £200 for the weekend

**VIEW
ONLINE**

Start Dates:

Exeter Campus

7th & 8th February

Poole Campus

25th & 26th April

ADVANCED DIPLOMA IN INTEGRATIVE COUNSELLING

Course Information

Part-time, two years plus viva exam

In-person training

Available at Exeter and Poole Campuses

BACP and NCPS Accredited

Type - Advanced

Course description

Essential components of the diploma are focused on building meaningful relationships, integrating counselling knowledge and offering students a wide range of applied skills relevant for those who seek a professional counselling qualification.

Our diploma promotes creativity, and experiential learning amid an atmosphere of community where we are committed to assisting in the development of students individual growth as a counsellor, with an emphasis on active participation within the counselling profession.

Students are entitled to 50% discount on all CPD workshops while they study with us, and 25% discount on completion of their course as IMC Graduates.

Award

BACP and NCPS Accredited Advanced Diploma in Integrative Counselling (subject to successful completion of a viva Examination)

Entry Requirements

To be eligible for this course applicants must have completed at least 72 hours of preliminary counselling training where the counselling skills component of your qualification has been attended face to face (in the room).

Progression

On successful completion of the course, you will qualify as a counsellor.

You may then want to undertake our [**BA \(Hons\) Degree in Integrative Counselling**](#)

Cost

£3,995 - 4,125 per year

Cost depends on the payment option. Visit the website for full details.

Enrolment Deposit of £750.00 (Non-Refundable)



VIEW
ONLINE

Start Dates:

Exeter Campus

3rd Sept - Wednesday

13th Sept - Weekend

16th March - Monday

Poole Campus

13th Sept - Weekend

11th June - Thursday

FOUNDATION DEGREE (FDA) IN INTEGRATIVE COUNSELLING



**VIEW
ONLINE**

Start Date:

Exeter Campus
9th Sept - Wednesday

Course Information

Full-time, two years

Available at Exeter Campus

In-person training

Validated by the University of Worcester

BACP Accredited

Type - Advanced

Course Description

Gain a degree and professional membership with the BACP within 2 years of studying. This is an up-to-date and contemporary course that equips students for a career in counselling, that features current research and theory. The FdA Foundation Degree is delivered by experienced practitioners, who are currently in practice, and maintain a professional membership and awareness of current issues within the counselling profession.

Iron Mill College offers access to a unique learning community in a relaxing, welcoming environment, with enthusiastic, energetic, and experienced teaching staff who get to know and support you individually

This full-time course is eligible for [Student Finance England](#), and students are able to apply for a Tuition Fee Loan and Maintenance Loan for living costs. Join our highly professional graduates within the counselling world and begin a new career this September. This course is available to study at our campus in Exeter, Devon.

Students are entitled to 50% discount on all [CPD workshops](#) while they study with us, and 25% discount on completion of their course as IMC Graduates.

Entry Requirements

You should have completed at least 30 hours of preliminary counselling training and possess a Level 3 (or equivalent) qualification. Applicants not meeting this requirement will be assessed for academic writing ability.

Progression

On successful completion of the course, you will qualify as a counsellor.

You may then want to undertake our [BA \(Hons\) Degree in Integrative Counselling](#)

Cost

For the latest fees, please see the University of Worcester's course fees page [here](#).

BA (HONS) DEGREE IN INTEGRATIVE COUNSELLING

Course Information

Full-time, one year
In-person training
Available at Exeter Campus
Validated by University of Worcester
Type - Continuing Education

Course description

This 1 year programme for qualified counsellors is validated by the University of Worcester, has Advanced Specialist Training Status with the National Counselling and Psychotherapy Society (NCPS).

It allows qualified counsellors, including graduates of our Foundation Degree (FdA) in Integrative Counselling and Advanced Diploma in Integrative Counselling, to earn a University Honours Degree in 1 year of further study.

This course encourages individual choice in the study and has a vocationally relevant and up-to-date focus.

Students are entitled to 50% discount on all [CPD workshops](#) while they study with us, and 25% discount on completion of their course as IMC Graduates.

Entry Requirements

Possess a Foundation Degree (FdA) Counselling award at Levels 4 and 5, meeting BACP supervised practice requirements of 100 hours minimum / an Iron Mill College Advanced Diploma in Integrative Counselling, or equivalent.

Progression

Our BA (Hons) Degree in Integrative Counselling is designed to enhance skills and knowledge with particular reference to employment and the development of specialist areas of interest. It provides the opportunity for advancement in a variety of counselling-related careers. Our graduates are people with the advanced theoretical and applied knowledge to make an impact on service provision.

Cost

For the latest fees, please see the [University of Worcester's course fees page here](#).

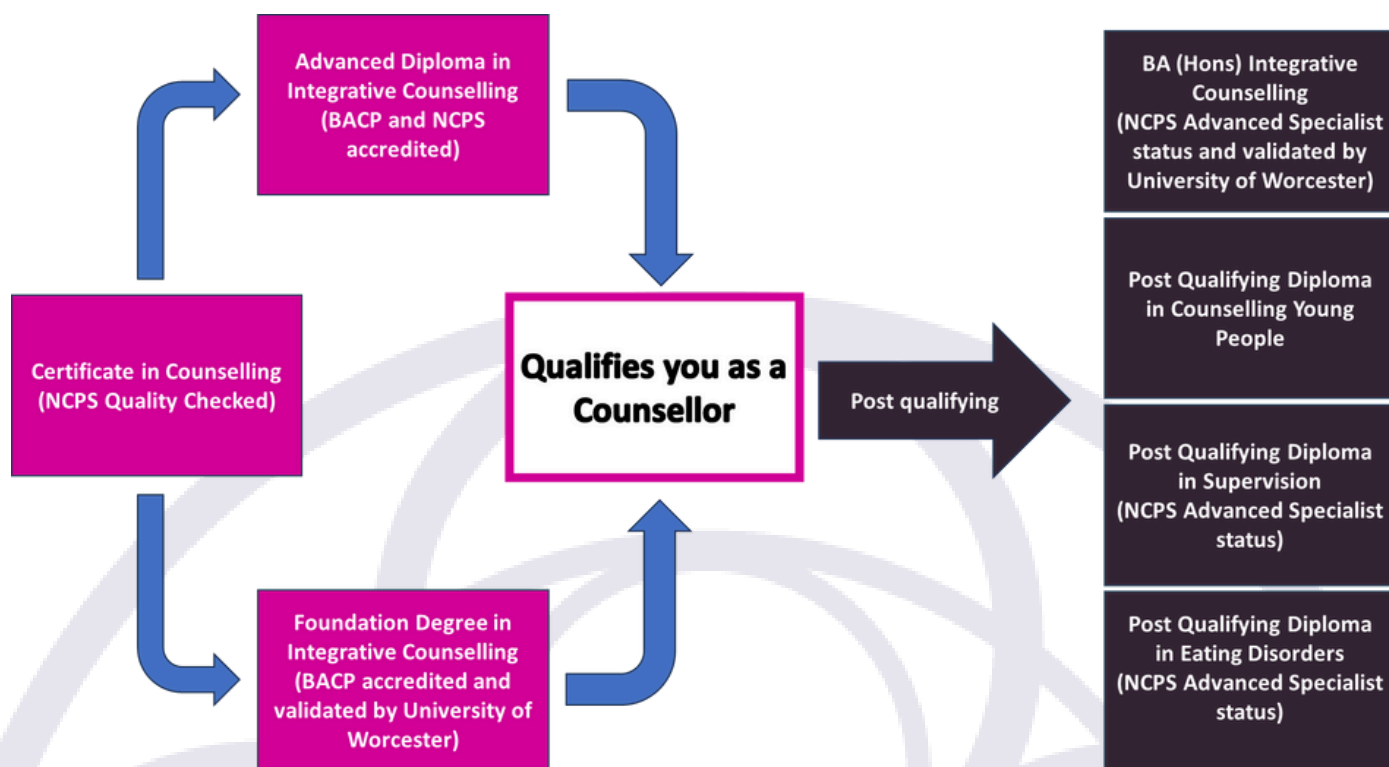


VIEW
ONLINE

Start Date:

Exeter Campus
18th Sept- Thursday

COUNSELLING QUALIFICATION JOURNEY



PSYCHOTHERAPY TRAINING



Course List

Entry Level Courses

TA 101 Official Introduction to Transactional Analysis
Certificate in Transactional Analysis Theory and Practice

Advanced Courses

Advanced Psychotherapy
with optional Diploma in Counselling using TA

Continuing Education

UKCP and CTA Informal Exam Preparation Group

TA 101 OFFICIAL INTRODUCTION TO TRANSACTIONAL ANALYSIS

Course Information

2-day workshop

In-person training

Available at Exeter

Type - Entry Course

Course description

This in person course, delivered over 2-days, will be of interest to anyone wanting to learn about the key concepts and theories of Transactional Analysis (TA), as a way of understanding what makes people tick.

A stand-alone course, with a standardised syllabus agreed by international TA organisations, recognised by the European Association of Transactional Analysis (EATA) and the International Transactional Analysis Association (ITAA). Participants will be awarded an officially recognised TA 101 certificate upon completion.

TA theory provides ways of looking at ourselves and our relationships, as a way of understanding the ways we communicate and the repeating patterns we get into. It can be applied in counselling and psychotherapy, in organisations and in education.

TA is a social psychology with a depth of theory on: Personality - how people are structured psychologically and the impact this has on their thinking, feeling and behaviour; Communication - how we interact (transact) with one another and within organisations; and Human Development – how, through interactions with individuals and our environment, our personality develops through childhood and later.

Explores the concepts of Ego States, Transactions, Psychological Games, Life Scripts and more. Uses examples from daily life and simple group exercises, allowing participants to discuss how they can use TA theory to think about themselves and their interactions with others.

Progression

This is the pre-requisite for those who wish to go on to study TA at an advanced level.

Cost

£200



VIEW
ONLINE

Start Dates:

Exeter Campus

20th & 21st September

17th & 18th January

21st & 22nd March

11th & 12th July

CERTIFICATE IN TRANSACTIONAL ANALYSIS THEORY AND PRACTICE



Course Information

Part-time, nine months

In-person training

Available at Exeter

UKCP Accredited

Type - Entry Level - Level 5 equivalent

[VIEW
ONLINE](#)

Course Description

This training offers an exciting opportunity to explore the fundamental theories and concepts of Transactional Analysis (TA) and their relevance to personal life, decisions, and relationships. It is the essential foundation year for future study. This year is also valuable for anyone seeking personal growth and development. It can be transformative in terms of self-discovery, giving a deeper understanding of personality, choices and your personal relationships.

The course runs for 9 weekends from October to June during which you'll deepen your understanding of a wide array of TA theories and approaches as well as learning practical counselling skills from our tutors. Our tutors are highly experienced Transactional Analysis psychotherapists, supervisors and trainers. They are committed to providing creative learning experiences that are based on the experiences and needs of the learning group.

Entry Requirements

There is no specific qualification or experience required, though there is an assessment process via written statement, online application form and an in person or online interview. This is to assess personal and professional readiness to do this training. Consideration is given to the academic, financial and emotional demands this training will have. It is positioned at equivalent to a level 5. To complete the year and gain the certificate, you will need to complete a TA 101 and it is recommended that you do this first if possible.

Progression

The next stage is the Advanced Diploma in Integrative Psychotherapy (Relational TA) Course which can lead to qualifying as a UKCP-Registered psychotherapist and as a Certified Transactional Analysts with a specialism in psychotherapy.

Cost

£2,950.00 - £3,150.00

Costs increase depending on payment options. Visit the website for full details.
Enrolment Deposit of £750.00 (Non-Refundable)

Start Date:

Exeter Campus

25th Oct- Weekend

ADVANCED DIPLOMA IN INTEGRATIVE PSYCHOTHERAPY (RELATIONAL TA)

Course Information

Part-time, four years

In-person training

Available at Exeter

UKCP Accredited

Type - Advanced Course - Level 7 equivalent



Course description

The aim of this course is to provide comprehensive training in Transactional Analysis psychotherapy. This is a thorough, integrated and relational approach to psychotherapy, which includes the depth and breadth required to meet national training requirements and build knowledge and experience as a practitioner.

Relational psychotherapy aims to allow clients to change in profound ways, to improve their lives, their relational patterns and ways of being in the world. It allows the psychotherapist and client to work in depth, in the long term, with complex psychological problems, including some serious mental illnesses. It has models that provide structure and can describe and shed light on important conscious and non-conscious processes. The theory can be used for reflection and to provide direction for the work.

This is a four year course comprising three years teaching, followed by a dissertation year which leads to the final qualifications. For the first three years, the programme runs between September and July for 10 weekends in total.

Entry Requirements

You will need to have successfully completed the Iron Mill Certificate in Transactional Analysis Theory and Practice (CTAP). If you have studied a TA Foundation course at another TA institute (training to have been in person), we would need a reference confirming that you have been approved to start client work. You will also be required to attend for interview.

Progression

Students are prepared for working as psychotherapists in a variety of settings and (through the qualification process), gain UKCP Registration as a psychotherapist.

Cost

£3,000.00 - £3,200.00

Cost is dependant on payment option selected. Visit the website for full details.

Enrolment Deposit of £750.00 (Non-Refundable)

[VIEW
ONLINE](#)

Start Date:

Exeter Campus

27th Sept - Weekend

UKCP AND CTA INFORMAL EXAM PREPARATION GROUP

Course Information

Part-time, 6 days over 11 months

In-person training

Available at Exeter

Course Description

For 2025-26, the Iron Mill College is offering an informal exam preparation group for all trainees who have completed their formal training in psychotherapy and who are working towards UKCP registration and CTA qualification. It will provide support with:

- Keeping up to speed with theory and practice
- Writing UKCP case studies and/or CTA dissertations
- Preparing for oral exam for UKCP and/or CTA
- Support with completing mental health familiarisation log

Entry Requirements

You must have completed a minimum of four years of training delivered by a UKCP registered psychotherapist and are on course to complete all requirements for UKCP registration.

Cost

£750

[VIEW
ONLINE](#)

Start Date:

Exeter Campus
26th Sept - Friday

CONTINUING EDUCATION



Course List

Post Qualifying Diploma in Counselling Young People (8-18 years).

Post Qualifying Diploma in Eating Disorders

Post Qualifying Diploma in Supervision

POST QUALIFYING DIPLOMA IN COUNSELLING YOUNG PEOPLE

Course Information

Part-time, 20 days, weekends

In-person training

Available at Exeter Campus

Type - Continuing Education

Course description

Our Post Qualifying Diploma in Counselling Young People (8-18 years) addresses the majority of the BACP Competences for Humanistic Counselling with children and young people. The Diploma focuses on work with young people and centres on the 8-18 year age group.

It is designed for those counselling practitioners who are post-qualified but who need further specialist training to enable them to work competently with young people. The objectives of the course are to:

- provide a sound working knowledge of the ethical, professional and legal frameworks relevant to young people.
- develop your understanding of family development and how external environment interacts with child and adolescent development.
- enable you to develop further the theory and principles underpinning your practice and apply your existing knowledge of and competence in working in therapeutic relationships within the context of counselling.
- build on your working knowledge of mental health difficulties, well-being and pharmacology.
- develop your competence to work with the whole person.

Entry Requirements

You should be a qualified, practising counsellor or psychotherapist, working within a recognised professional code of ethics. A member of a relevant professional body like the British Association for Counselling and Psychotherapy (BACP), National Counselling & Psychotherapy Society (NCPS) or the UK Council for Psychotherapy (UKCP) and hold current professional indemnity insurance that covers your work as a practising counsellor or psychotherapist.

Cost

£2,490.00 - £2,640.00

Costs increase depending on payment options. Visit the website for full details.

Enrolment Deposit of £500.00 (Non-Refundable)

**VIEW
ONLINE**

Start Dates:

Exeter Campus

11th Oct - Weekend

Poole Campus

27th Sept - Weekend

POST QUALIFYING DIPLOMA IN EATING DISORDERS

Course Information

Part-time, over six weekends

In-person training

Available at Exeter and Poole

Advanced Specialist Training Status with NCPS

Type - Continuing Education

Course Description

An informative, enriched, learning experience that will enable you to understand the complexity of relationships with food through physiology, neuroscience, and psychology.

This course has Advanced Specialist Training Status with the National Counselling and Psychotherapy Society (NCPS).

- Offers students a cutting-edge experience in understanding ways in which our relationship with food interacts with the brain, mind and body.
- Suitable for those working within health and social care, including qualified counsellors, student counsellors, psychotherapists, counselling and clinical psychologists, mental health and wellbeing professionals, nurses, doctors and teachers who would like to develop a greater depth of understanding about eating disorders, and how to help.

Entry Requirements

You should be a qualified counsellor or psychotherapist. We also welcome applications from Iron Mill College students who have completed the taught element of their advanced counselling or psychotherapy training but are still to complete their placement hours and/or qualifying exams.

Cost

£1,200.00 - £1,350.00

Costs increase depending on payment options. Visit the website for full details.

Enrolment Deposit of £350.00 (Non-Refundable)



VIEW
ONLINE

Start Dates:

Exeter Campus

11th Oct - Weekend

Bristol Campus **NEW**

25th Oct - Weekend

POST QUALIFYING DIPLOMA IN SUPERVISION



Course Information

Part-time, twelve days

In-person training

Available at Exeter and Poole Campuses

Advanced Training Status with NCPS

Type - Continuing Education

**VIEW
ONLINE**

Course Description

This part-time course for qualified professionals is available to study in Exeter, Devon, and Poole, Dorset.

This 12-day course has Advanced Specialist Training Status with the National Counselling and Psychotherapy Society (NCPS).

- Provides those in the helping professions with a repertoire of creative supervision strategies.
- Builds practitioners' understanding of the need for supervision and the purpose of supervision, as well as their awareness of the educative, supportive and managerial elements of supervision.
- Suitable for those qualified in a range of professions, including counsellors, psychotherapists, counselling or clinical psychologists, mental health or wellbeing professionals, nurses, doctors, teacher and those in other related roles.

Entry Requirements

You should be a qualified counsellor or psychotherapist

Cost

£1,850.00 - £2,000.00

Costs increase depending on payment options. Visit the website for full details.

Enrolment Deposit of £500.00 (Non-Refundable)

Start Dates:

Exeter Campus

20th Sept - Weekend

Poole Campus

30th Sept - Tuesday

CONTINUING PROFESSIONAL DEVELOPMENT



[VIEW
ONLINE](#)

At Iron Mill College, we offer opportunities for those in the field of mental health and wellbeing to engage in further study, develop skills, be inspired by guest lectures, and expand their knowledge.

If you're looking to expand your helping professional knowledge, or searching for wellbeing and selfcare, then our CPDs and events could be just what you are looking for.

We offer an excellent range of face-to-face and online events at our Exeter and Poole campuses. From short, hourly courses and events to longer, sessional courses in the mental health, wellbeing and helping professions, we're sure you'll find an event that meets your needs.

[Visit our website for the full list of courses, dates and prices.](#)

Sample Course List

TA 101 Official Introduction to Transactional Analysis

How to Integrate Nature Therapy into Your Practice

Working at Relational Depth in Counselling and Psychotherapy

Bodylistening

Working with Depression in Children and Young People

The Neuroscience of Early Relational Trauma

Alchemy and Magic: From Superstition to Therapeutic Transformation

An Introduction to Positive Psychology

OPEN DAYS AND ONLINE COURSE INFORMATION PRESENTATIONS



Open Events 2025-26

Join us at either our Exeter or Poole Iron Mill College Campus.

Meet the tutors, tour the campus and have all your questions answered.

Exeter - Saturday 1st November - 10:30 to 12:30
Poole - Saturday 22nd November - 10:30 to 12:30
Poole - Saturday 24th January - 10:30 to 12:30
Poole - Saturday 14th March - 10:30 to 12:30
Exeter - Saturday 21st March - 10:30 to 12:30
Poole - Thursday 18th June - 18:00 to 20:00
Exeter - Saturday 27th June - 10:30 to 12:30

Register for free on our website and see what you can achieve with Iron Mill.

VIEW
ONLINE

Online Course Presentations

Get inspired from the comfort of your own home. Our relaxed and informative online course presentations will help you to find out more about our courses, the opportunity to meet a lecturer, and the chance to ask any questions.

There is no expectation from you when you join us, simply sit back and watch our lecturers inform you about the finer details of our courses, leaving you with a thorough understanding of what to expect if you become a student at Iron Mill College.

We run online course presentations regularly throughout the year, visit our website for the full list, dates and to register.

VIEW
ONLINE



Iron Mill Alumni Network

Connect, Inspire, Thrive



[VIEW
ONLINE](#)

Welcome to your Iron Mill Alumni Network, you are in great company

This network is for anyone who has completed an Iron Mill course and allows you to:

- Keep in touch with classmates
- Share your continued journey and career development
- Share your articles and content
- Have a peer group for support
- Regular updates on new CPD courses available at Iron Mill
- Discounts on CPD Courses (benefit for all completed students not just those who join the Alumni Network)
- Online and in-person events

The Alumni Network is free to join and once registered you will be invited to join our private FaceBook group to be kept up to date with peers and Iron Mill.

Got Questions?

Contact marketing@ironmill.co.uk and we'll go through everything you need.



Iron Mill Catalyst

*Transforming Culture Through
People-Centred Development*



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The power of human connection...

In today's fast-changing work environment, organisations are facing a silent crisis: a sharp decline in essential soft skills that underpin performance, wellbeing, and leadership.

At Iron Mill Catalyst, we help teams and leaders build the skills, self-awareness, and emotional intelligence needed to thrive in today's complex world.

Our tailor-made training is co-designed with you – built around your strategic objectives, culture, and challenges. Whether you're a public sector body, a private company, or a mission-led organisation, we bring expertise in mental health, coaching, counselling, and personal development to deliver outcomes that last.

- ✓ **Stronger resilience and reduced stress across teams**
- ✓ **Improved communication and collaboration**
- ✓ **More confident, emotionally intelligent leadership**
- ✓ **A connected, supportive company culture where people thrive**

Flexible delivery

Half-day, full-day, or multi-session options

In-person, hybrid, virtual

Tailored to leadership, teams, or company-wide rollouts

Why it works

Counselling and psychotherapy are fundamentally about deep listening, empathy, resilience, and change—all critical to personal and organisational success. By bringing these practices into the workplace, we help teams move beyond surface-level solutions to create lasting transformation.



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ONLINE](#)

Iron Mill Counselling Service (IMCS) offers a professional, affordable counselling service in Exeter and Poole

Counselling offers a safe space to explore any difficulties you are experiencing in your life, regardless of age, gender, sexual orientation, ethnicity or disabilities.

- Individual counselling for adults
- Open to the public - referral letters are not necessary
- Daytime and evening appointments
- Low counselling fees

The majority of our counsellors and psychotherapists are mature students in advanced professional training at Iron Mill College and work for the service voluntarily. All counsellors are supported by experienced supervisors and are members of the British Association for Counselling and Psychotherapy (BACP) or the UK Council for Psychotherapy (UKCP)

You are welcome to get in touch and we'll arrange a free-of-charge initial phone call and/or initial consultation session to discuss your needs and whether we can be of assistance.

Call 01392 499388 or email counselling@ironmill.co.uk

We are here to listen.

IRON MILL USEFUL LINKS



Iron Mill Website

Find out about all our courses, our team, our campuses as well as being able to apply for courses, read our blog and get to the student portal.

[VIEW
ONLINE](#)

[VIEW
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Iron Mill Blog

We post a new blog every week with different topics related to Counselling, Psychotherapy and Mental Health

Iron Mill Newsletter

Hear about our latest courses, college updates, brand new CPD workshops, and free public lecture events first! We promise we won't email you too much, only the good stuff!

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Iron Mill FAQs

If you have a question, the likelihood is someone else has already asked it. Have a look and see if you can find the answer, but if not don't hesitate to contact us on 01392 219200 or via email to enquiries@ironmill.co.uk.



Iron Mill College

Education & Training in Mental Health & Wellbeing

Established 1981



IRON MILL COLLEGE

YOUR LOCAL COUNSELLING AND PSYCHOTHERAPY COLLEGE

Exeter Campus - 01392 - 219200

Poole Campus - 01202 743804

enquiries@ironmill.co.uk

www.ironmill.co.uk

