

Coleshill Counselling Service

CPCAB Approved Training Centre-710

Level 3 Certificate in Counselling Studies – CPCAB CST-L3

Cost: Course Fees £850 plus CPCAB Registration Fee £176

Start Date: September 2024

End Date: June 2025

Interviews: Via ZOOM – TBC – we need your application form prior to this date. (Allow at least 2 hours for this as we hold an overview session with Q&A before 1-1 interviews).

*****Please either scan / copy / show I.D, Passport, driving licence etc.*****

Venue: Coleshill, Birmingham

Introduction

This is a CPCAB Validated Course and is for people over 19 who want to take the next step in training to become a counsellor, having already acquired counselling skills, learning more about counselling theory and agency work. CST-L3 is an experiential course which is focussed on integrating theory and practice, starting to see counselling skills in context.

The learning on the course is about developing your ability to form and maintain a therapeutic or counselling relationship, understanding how theoretical perspectives underpin this. You will also be learning about the differences between a therapeutic relationship and the therapeutic process /outcome. It does not qualify you to practice as a professional counsellor.

The CST-L3 qualification is one step in a series of CPCAB qualifications. Once you have completed this qualification you wish to begin training to become a counsellor, in which case the next step on from CST-L3 is CPCAB's *Level 4 Diploma in Therapeutic Counselling (TC-L4)*. Progression is not automatic.

Placement

As part of this course there will be a placement requirement of 20 hours. This is a placement outside of the course where you can practice some of the skills used by counsellors but is not formally contracted counselling. Working with family and friends is not sufficient to meet the criteria for a placement. A placement is a situation in which you take on a helping role that involves the use of counselling skills. This might be within your paid employment if your work requires a helping role, such as a nurse, pastoral work as a teacher, carer etc. It does not apply to paid employment where the focus is not helping – for example shop work, bar work, hairdressing etc. You will need to research agencies or charities where you may become a volunteer in good time for starting the course. You will need DBS checks etc. which can take time, and you may be required to do some specific agency training.

Awarding Body Counselling & Psychotherapy Central Awarding Body. www.cpcab.co.uk

CPCAB is a UK awarding body that is managed by professional counsellors, trainers and supervisors. Now in its 21st year of operation, it is the only awarding body in Europe to specialise in the field of counselling. It is one of the largest awarding bodies in this field, with about 130 Recognised training centres across the UK (it also has some training centres in other countries) and around 11,000 candidates register with them annually. Find out more at www.cpcab.co.uk

What will I study?

Course Objectives: You will work towards developing skills, knowledge and understanding of 7 units:

For enrolment or to make enquiries please call: Ev 07712 891047.

E mail: ev_clarke@hotmail.com

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- Preparing to work within an ethical framework for counselling.
- Understanding the counselling relationship
- Understanding difference and diversity issues to develop empathic understanding.
- Working within a user-centred approach to counselling
- Using counselling theory to develop self- awareness in counselling practice.
- Understanding theories of counselling and mental health
- Using feedback, reflection, and supervision to support counselling studies.

Entry Requirements

Age 19 or over. Candidates are required to have undertaken counselling skills training – e.g. CPCAB's *Level 2 Certificate in Counselling Skills* (CSK-L2) or equivalent units / qualifications consisting of at least 75 GLH. You will be asked to attend a brief informal interview and will require a supporting reference from your Level 2 tutor.

Selection for enrolment may include factors such as:

Ability to cope with course content.

Ability to benefit from self- development.

Motivation towards developing as a helper / counsellor.

Emotional stability.

Evidence personal insight

Ability to form a counselling relationship.

Identification of reasons for training beyond just personal development

Reference from a previous Tutor.

Awareness of difference and diversity.

Attendance

A minimum of 80% attendance each term is required to successfully complete the qualification which involves 90 guided learning hours, delivered weekly as 3hour sessions for 28weeks & 1 x Saturday of 6hrs between November and July.

Assessment

Your learning will be assessed formatively by your tutors, your peers, and reflective self review. You will also be required to build a portfolio of evidence of your learning which will form the final internal assessment. In addition to this you will be externally assessed by the awarding body under exam conditions via an Exam Paper as per the current conditions. (Subject to changes)

Internal assessment will include at least 3 written assignments and an audio / visual recording of your practice, plus completion of exercises set.

Disclaimer

Coleshill Counselling Service has taken care to ensure this information is as accurate as possible at the time of publication. It is intended as a general guide to the Centre's courses and forms no part of a contract. The Centre accepts no liability and reserves the right to make changes to course information or withdraw without notice any of the programmes described.

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