



## Level 2 Award in Introduction to Counselling Skills (ICSK-L2)

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| <b>Awarding Body:</b> | Counselling & Psychotherapy Central Awarding Body CPCAB   |
| <b>Location:</b>      | Marriotts School. Telford Avenue, Stevenage, Herts. SG2 0AN                                       |
| <b>Duration:</b>      | 8 weeks – Tuesday evenings 18.00 – 21.30<br>+ 1 Saturday 10.00 – 16.00 (30 Guided learning hours) |

### Course dates:

**Tuesday evenings: 18.00 – 21.30**

**Course dates: To be confirmed**

**Plus 1 Saturday: To be confirmed**

### Qualification Objective

This unit/qualification is intended for candidates who wish to:

- Learn basic counselling skills (listening and responding skills) in helping roles
- Find out more about counselling (this qualification won't teach them to be a counsellor, but may help them decide whether or not they want to train as one);
- Improve professional and personal relationships

This qualification does not lead directly to an employed role. However, it could enhance an existing voluntary or paid role or increase the general employability of those seeking to enter the job market.

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## **Outcomes**

Work within the limitations of the helping role

Establish boundaries for helping work

Communicate empathic understanding

Focus on the helpee's agenda

Understand the importance of self-awareness in helping work

Use listening and responding skills

Use review and feedback to develop initial counselling skills

Complete at least 4 hours of personal therapy with a qualified or trainee person-centred Counsellor (recommended)

## **Assessment**

### **Tutor-assessed candidate portfolio consisting of:**

- Reflective Learning Journal - You must include the regular, timely exploration of your learning which contains your reflections on the input, discussions, experiences and readings for the course and which you start right from the beginning of the course and continue throughout to record your process.
- Self -Review.
- Skills practice records - You must include records of tutor feedback on your skills practice sessions, as well as records of peer feedback on your skills practice sessions. You must also refer to at least one example of being observed in your skills practice by your tutor.
- Tutorial records.
- Your completed Candidate Learning Record.

## **Entry requirements**

Minimum age 16 years

No previous training or experience required.

Please note that this unit/qualification is not suitable for those who are currently in a state of severe emotional difficulty and/or severe psychological confusion. The course involves experiential elements which will involve some personal disclosure and associated personal developmental activities.

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### **Suggested Reading**

|                         |   |            |
|-------------------------|---|------------|
| Dykes, Kopp & Postings  | <b>Counselling Skills and Studies</b>       | Sage       |
| Sanders P               | <b>First Steps in Counselling</b>           | PCCS Books |
| Frankland A & Sanders P | <b>Next Steps in Counselling</b>            | PCCS Books |
| Mearns D & Thorne D     | <b>Person Centred Counselling in Action</b> | Sage       |

### **Course Fees**

Deposit: £53 (CPCAB registration, non-refundable)

Course fee: £395

### **Progression**

This qualification is not designed as part of a progression route. However, candidates aged 18+ can progress to CPCAB's Level 2 Certificate in Counselling Skills (CSK-L2)

The unit credit can also be used towards other relevant qualifications on the QCF.

Status of Qualification: ICSK-L2 is regulated by the Office of the Qualifications & Examinations Regulator (Ofqual)

Qualification/learning aim number: 500/7762/4

Sector endorsement: Skills for Health

Sector subject area: 1.3 Health and Social Care

Credit value: 5

**For more information, or to apply contact:**  
**Email: [info@collaborativecounselling.academy](mailto:info@collaborativecounselling.academy)**  
**Call: 07957 312315/07504 959227**

You can also find us on Facebook at '**Collaborative Counselling Academy Ltd**'

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