



Certificate in Counselling Skills (CSK-L2)
A person-centred approach to listening and helping

Qualification objective

This unit/qualification is intended for candidates who:

- want to become competent in the use of counselling skills to help others – either in a voluntary or an employed situation;
- want to take the first step in training to be a counsellor – this course won't teach them to be a counsellor but will prepare them for the next level of practitioner training

Learning Outcomes:

- **Use counselling skills ethically and safely**
- **Establish and sustain the boundaries of the helping role**
- **Work empathically as a helper**
- **Focus on the helpee's needs and concerns**
- **Use self- awareness in helping work**
- **Use a range of counselling skills to facilitate the helping interaction**
- **Use feedback and reflection to enhance counselling skills**
- **Complete 6 hours of personal therapy with a qualified or trainee person- centred Counsellor**

CPCAB Certificate in Counselling Skills (CSK-L2)

www.collaborativecounselling.academy

info@collaborativecounselling.academy

Awarding Body: Counselling & Psychotherapy Central Awarding Body (CPCAB)

Location: Marriott's School Telford Avenue, Stevenage, Herts. SG2 8UT

Duration: 18 weeks + 3 Saturdays

Mondays 17.30 – 21.30 + 3 Saturdays 10.00 – 16.00

18 weeks
+ External Assessment

90 guided learning hours in Total

Courses dates 2020/2021:

18th January 2021 – 29th March 2021.
(Spring Break: 29th March – 09th April)
12th April 2021 – 24th May 2021.
(Half term: 31st May – 04th June)
07th June 2020 – 28st June 20.

Plus 3 Saturdays: 30th January 2021, 27th February 2021, 24th April 2021

External Assessment: 05th July 2021

External Assessment Re-sit fee: £97

Progression:

Candidates can progress to CPCAB's Level 3 Certificate in Counselling Studies (CST L3) or Level 3 Certificate in Life Coaching Studies (LCS-L3).
The unit credit can also be used towards other relevant qualifications on the QCF.

Status of Qualification:

CSK-L2 is regulated by the Office of the Qualifications & Examinations Regulator (Ofqual) and is on the Qualifications and Credit Framework (QCF)
Qualification/learning aim number: 500/7938/4 Sector endorsement: Skills for Health
Sector subject area: 1.3 Health and Social Care
Credit value: 17

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Your course requires you to submit a Tutor-assessed candidate portfolio which will include:

- **Reflective Learning Journal each week:**

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.

- **Additional requirements:**

- Self -Review x 2
- Assignment x 2
- Feedback

You must include records of tutor feedback on your skills practice sessions. You must refer to at least two examples of being observed by your tutor and one of these must be via audio or video recording. You might also include tutor feedback on case presentations and group discussions (including contributions to seminars and group-work).

You must include records of peer feedback on your skills practice sessions. You might also include tutorial records, plus peer feedback on case presentations and group discussions (including contributions to seminars and group-work). You also need to complete your Candidate Learning Record.

Suggested Reading:

Counselling Skills and Studies - Dykes, Kopp & Postings

First Steps in Counselling - Sanders P

Next Steps in Counselling - Frankland A & Sanders P

Person Centred Counselling in Action Sage - Mearns D & Thorne D

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Entry requirements:

Minimum age 18 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.

FEES:

Deposit: £169 + £162 (CPCAB registration, non-refundable course deposit)

Course fee £1107 (payable in full or in 7 monthly instalments of £135 - BACS)

Total £1276

Please complete an application form and return to:

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