



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

Awarding Body:

Counselling & Psychotherapy Central Awarding Body (CPCAB)

Location:

Marriotts School, Telford Avenue, SG2 0AN

Duration:

25 weeks + 3 Saturdays

Tuesdays 18.00 – 21.20 + 3 Saturdays 10.00 – 16.00

25 weeks

+ External Assessment

90 guided learning hours in Total

Courses dates 2020/2021:

6th October 2020 – 17th December 2020.

(Half term: 26th October – 30th October)

05th January 2021 – 23rd March 2021.

(Half term: 15th February – 19th February)

13th April 2020 – 9th June 20.

Plus 3 Saturdays: To be confirmed

Please note: Tuesdays after a Saturday session are additional reading days and are not included in your guided learning hours

External Assessment: Date TBC

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

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.
- 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

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 + £123** (CPCAB registration, non-refundable + 1 month payment))

Plus, Course fee **£1107** (payable in full or in 9 monthly instalments of £123 - BACS)

Total £1276

Please complete an application form and return to:

info@collaborativecounselling.academy

