



Certificate in Counselling Studies (CST-L3)

Preparing for Humanistic Counselling Practitioner Training

Awarding Body:

Counselling & Psychotherapy Central Awarding Body CPCAB

Location:

Lonsdale School, Telford Avenue, Stevenage, Herts. SG2 0AN

Duration:

25 weeks + 3 Saturdays + External Assessment

Tuesday 18.00 – 21.20

25 weeks + 3 Saturdays 10.00 – 16.00 + External Assessment

90 guided learning hours

Courses dates 2020/21:

Tuesday 18.00 – 21.30:

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: TBC

External Assessment: TBC

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

Qualification objective:

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

- take the next step in training to become a counsellor (having already acquired counselling skills);
- learn more about counselling theory and agency work.

Learning Outcomes:

- Prepare to work within an ethical framework for counselling
- Understand the counselling relationship
- Understand difference and diversity issues to develop empathic understanding
- Work within a user-centred approach to counselling
- Use counselling theory to develop self-awareness in counselling practice
- Understand theories of counselling and mental health
- Use feedback, reflection and supervision to support counselling studies
- Complete 6 hours of personal therapy with a qualified person-centred Counsellor

Assessment:

2 written assignments (one on importance of research findings)

1 activity task

1 self-review

Learning reviews (throughout programme)

Assessed simulated counselling practice

Assessed case presentations

Assessed workplace simulations

1 tutor-observed counselling practice session

10 hours simulated group training supervision

Seminars and workshops

Tutorial

Additional assessment:

Externally assessed written paper after watching a CPCAB DVD under exam conditions

Entry requirements:

Minimum age 19 years

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 of at least 75 GLH.

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.

Course fees:

CPCAB Registration fee: £171

Course fee: £1107 (payable in 9 monthly instalments)

Deposit: £171 + £123 (Registration fee + 1-month deposit)

Re-sit fee: £99

Progression:

Candidates with both CPCAB's Level 2 Certificate in Counselling Skills (CSK L2) and CPCAB's Level 3 Certificate in Counselling Studies (CST L3), or their RPL (prior learning) equivalent may apply to progress to CPCAB's Level 4 Diploma in Therapeutic Counselling (TC-L4)

Tutors can allow progression to the first year of TC L4 for candidates who have not yet completed their assessment for CST L3.

However, such candidates must successfully complete the qualification prior to entry into the 2nd year of TC L4.

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

Status of Qualification:

CST-L3 is regulated by the Office of the Qualifications & Examinations Regulator (Ofqual) and is on the Qualifications and Credit Framework (QCF)

Qualification/learning aim number: 600/5104/8

Sector endorsement: Skills for Health

Sector subject area: 1.3 Health and Social Care

Credit value: 20

