



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

A person-centred approach to listening and helping

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.

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

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.

Awarding Body:

Counselling & Psychotherapy Central Awarding Body (CPCAB)

Location:

Marriotts School, Telford Avenue, SG2 0AN

Duration:

8 weeks + 1 Saturday

Tuesday evenings: 18.00 – 21.30

Saturday - 10:00 - 16:00

8 weeks

(30 Guided learning hours)

Courses dates 2020/2021:

To be confirmed

Suggested Reading:

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

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: **£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

