



## **Certificate in Counselling Studies – CST-L3**

### **Preparing for Humanistic Counselling Practitioner Training Course Specification 2025-26**

**Mondays 6pm – 9.20pm**

**Location:** Marriott's School. Telford Avenue, Stevenage, Herts. SG2 0AN

This course is for those who want to take the next steps towards becoming a counsellor, (having already acquired counselling skills).

You will learn more about counselling theory and agency work .

You need to have completed a Level 2 in Counselling Skills course or equivalent.

Your Level 2 course should have included live skills practice sessions either online or in person.

#### **Course requirements:**

This is a classroom-based course, although there will be some online classes to enable you to gain competency in working online.

Access to a computer and printer would be helpful.

A willingness to learn and an interest in increasing awareness of self and others. We estimate you will need a further 3 hours a week on top of class time for studying/assignments

**Duration:** 30 weeks (90 guided learning hours)

#### **Course dates for 2025/26**

##### **Autumn Term**

6 October 2025 – 15 December 2025.

(Half term: 27 October – 31 October)

##### **Spring Term**

12 January 2026 – 23 March 2026.

(Half term: 17 February – 21 February)

##### **Summer Term**

13 April 2026 – 29 June 2026

(Half term: 25 May – 29 May)

### **Fees**

Deposit (CPCAB registration + Course Deposit)

**£189 (TBC) + £220 = £409 (TBC)**

#### **Course fee breakdown:**

£1260 - £220 deposit = £1040

(Payable in full or in 8 monthly instalments of £130.00)

#### **Total:**

**£1449 (Course fee + CPACB registration)**

**Please note that CPCAB Registration Fee is subject to change**

### **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) and 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

### **Assessments and written work:**

- 2 written assignments: One is a review of an agency and their client base, paying particular attention to common mental health problems, the second is an essay demonstrating your understanding of theory.
- 1 activity task
- 1 self-review
- Learning reviews (throughout programme)
- Assessed simulated counselling practice
- Assessed workplace simulations
- 1 tutor-observed counselling practice session
- 10 hours simulated group training supervision
- Seminars and workshops
- Tutorials

There will be no CPCAB external assessment – all assessment is carried out by the tutor and moderated by the Director. There will be key assignments throughout the year which you must pass to be deemed proficient and able to progress to TC-L4 Practitioner training.

### **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 90 GLH, including live skills practice sessions, either online or in person.

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.

### **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 (recognised 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**

**Awarding Body:** Counselling & Psychotherapy Central Awarding Body CPCAB

## **What can be expected from the lessons:**

A lesson might run as follows:

- Group assemblies and checks in with each other
- There is usually some time given to admin consideration and any questions or concerns about assignment or criteria requirements
- Theory – Teaching and learning – this segment is delivered interactively using a range of resources.
- You may be asked to engage in group discussions and to take part in exercises with your peers. Your tutor may use the break out rooms/ Power Point/ standard delivery / reverse classroom method.
- Experiential – this might be where you put theory into practice, working in small skills groups. There may be creative exercise with an emphasis on skills development or increasing awareness of self.
- Process development (PD) group – This is where you might practice your skills in the whole group – actively listening to each other, supporting the development of self-awareness and awareness of others. You will develop an ability to explore and develop relationships within the group by being willing and developing ability to be open and authentic, express emotion appropriately and being sensitive to the needs of others.
- There will be a 30-minute break for refreshments during the evening.

**Please complete an application form and return to: [info@collaborativecounselling.academy](mailto:info@collaborativecounselling.academy)**