



Certificate in Counselling Skills – CSK-L2

Course Specification 2025-26

Mondays 6pm – 9.20pm

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

This course is for those who have a willingness to explore self in order to become more congruent and learn to use counselling skills either in a voluntary or employed setting.

This course will not qualify you as a counsellor but it may help you decide if you wish to continue training. You will learn and practice skills that support any other listening and supportive roles, not just counselling and psychotherapy. It is a required step in counsellor training via CPCAB, leading to Diploma in Psychotherapeutic Counselling.

This course also stands as an opportunity to learn more about yourself and others by learning about the core conditions of person centred counselling.

Course requirements:

This is a classroom-based course, although there will be some online classes to enable you to gain competency in working online., therefore access to a computer and printer is necessary.

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)

£182 + £220 = £402 (TBC)

Course fee breakdown:

£1260 - £220 deposit = £1040

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

Total:

£1442 (Course fee + CPACB registration)

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.
- take the first step in training to become a counsellor – this course won't teach you to be a counsellor but will prepare you for the next level of practitioner training
- want to learn more about themselves and develop their self-

Learning Outcomes:

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| ➤ Use counselling skills ethically and safely | ➤ Use a range of counselling skills to enhance the helping role |
| ➤ Understand the counselling relationship | ➤ To work empathically in the helper role |
| ➤ Establish and sustain the boundaries of the helping role | ➤ Use feedback and reflection to develop counselling skills |
| ➤ To focus on the helpee's needs and concerns | ➤ Complete 6 hours of personal therapy with a qualified person-centred Counsellor |

Assessments and written work:

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| ➤ 2 written assignments: . | ➤ Assessed workplace simulations |
| ➤ 1 activity task | ➤ 1 tutor-observed counselling practice session |
| ➤ 2 self-reviews | ➤ Written and verbal feedback from Tutors and Peers |
| ➤ Weekly learning reviews (throughout programme) | ➤ Seminars and workshops |
| ➤ Assessed simulated counselling practice | ➤ Tutorials |

In addition candidates need to complete 6 hours of personal therapy with a qualified person-centred Counsellor

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 CST-L3 Certificate in Counselling Studies.

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.

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)

The unit credit can 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

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