

Counselling Skills

If you want to become a counsellor the Level 2 Certificate in Counselling Skills forms the foundation of professional counselling practice as well as providing the essential listening and communications skills used by helping professionals. It is the first compulsory qualification on the CPCAB progression route to becoming a counsellor.

The course may be particularly useful to voluntary workers, welfare staff, health authority staff, managers, personnel and training staff, probation and social services staff, teachers and tutors.

By the end of Certificate in Counselling Skills (CSK-L2), students should be able to:

- Use counselling skills ethically and safely
- Manage helping interactions
- Communicate empathic understanding
- Manage an active listening space
- Use self-awareness to facilitate helping work
- Use counselling skills coherently
- Use study skills to help manage learning

Further details can be found at <http://www.cpcab.co.uk/qualifications/csk-l2>

Learners are required to produce a candidate portfolio and undertake an externally-assessed written paper. In addition to the classroom time, learners should anticipate around 2-3 hours per week of private study time to cover assignments and reading.

Candidate registration fees are payable at enrolment.

And finally - it is important that you realise, and are prepared for, the costs involved in this course - financial, time and emotional. It is a serious course that requires a high degree of commitment and hard work in the areas of theory, personal exploration, self-development and practice. This course is not suitable for those with ongoing mental health problems or with significant changes currently affecting their personal lives (e.g. bereavement, relationship breakdown). Counselling training is not a substitute for counselling or other types of support.

The general progression route for our counselling programme is:

ICSK-L2 Introduction to Counselling Skills

CSK-L2 Counselling Skills (Level 2)

CST-L3 Counselling Studies (Level 3)

TC-L4 Diploma in Therapeutic Counselling (level 4) –OR–

Foundation Degree in Therapeutic Counselling (level 5) [validated by the University of Gloucestershire]

The Foundation Degree can be topped up to a Full Degree with a further year at Level 6, e.g. the BSc Hons Applied Social Sciences with the University of Gloucestershire

Finally, there are a number of options available at GC to help you pay for your course fees:

Setting up a Direct Debit: You'll be asked for a 20% deposit when you enrol and this can be paid in cash, or by debit or credit card. Course fees must be paid in full by the end of your course so the monthly instalments would be adjusted accordingly e.g. for a one year course you would make 8 payments
Advanced Learner Loan: Contact Student Services to find out more and whether this course is eligible
Support for those that are unemployed and in receipt of benefits: Contact Student Services to find out if this course is eligible for funding and whether you are eligible

Entry Requirements

This qualification is accredited for learners aged at 18 or over during the time of the course. No prior knowledge, attainment or experience is required for entry onto courses leading to the CSK L2 qualification. However, the Level 2 Award in Introduction to Counselling Skills (ICSK-L2) provides learners with a strong foundation for progression to CSK-L2.

A minimum of level 2 literacy is desirable.

The course relies on the personal commitment of course members. We include a set of questions to help you:

- Am I willing to participate in flexible and negotiated learning?
- Am I willing to share experiences?
- Am I willing to work in my own time?
- Will I keep an individual learning record?
- Am I prepared to be recorded on audiotape?
- Am I willing to assess and be assessed by peers, tutors and external bodies?
- Can I accept the opportunity to reassess certain areas of my life and ways of working which could possibly have an effect on my life outside the course?
- Do I have, or can I gain, access to a group with whom counselling skills would be useful?
- Am I committed to using counselling skills?
- Am I willing to use the opportunity to stand back and reflect?

The application process is via a course specific application form for the Certificate in Counselling Skills,

followed by attendance at a briefing and interview during June /July. Conditional offers are usually made at the end of July. These courses are normally oversubscribed so late applications are rarely successful.

Tutors will be looking for readiness and both proven and potential ability to make effective use of this particular course.

Please continue with your application through this website. You will be contacted by the Counselling Administrator who will send further details including an Information Sheet and Assessment Form as part of the application process.

For advice on funding please contact Student Services or look at the funding guide produced by our awarding body at <http://www.cpcab.co.uk/qualifications/funding> .

What's Next

This qualification is an essential requirement (along with Level 3 Certificate in Counselling Studies (CST L3) or equivalent) in order to proceed to study for the two year FdA (Foundation Degree) in Therapeutic Counselling or the Level 4 CPCAB Diploma in Therapeutic Counselling. However, CPCAB have designed this course as a stand-alone qualification which will be helpful for those currently in or planning to undertake non-counselling roles that involve helping, supporting and/or listening to others (e.g. teachers, support workers, volunteers, helplines, care work, HR etc).

Your Options

	Start Date	End Date	Course Level
Counselling Skills (Part Time)			
Cheltenham	21/09/22	24/05/23	2
Counselling Skills (Part Time)			
Cheltenham	10/09/22	04/02/23	2

Counselling Skills (Part Time)

Cheltenham	09/09/22	03/02/23	2
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