

## Counselling Studies

The CPCAB Level 3 Certificate in Counselling Studies (CST-L3) qualification is for learners who have already acquired some counselling knowledge and skills from studying CPCAB's Level 2 Certificate In Counselling Skills (or its equivalent), and now want to continue their training. CST-L3 introduces you to the three main theoretical approaches to counselling (Psychodynamic, Person Centred and Cognitive Behavioural) and shows you what you can expect when working in a counselling agency.

By the end of the Certificate in Counselling Studies (CST-L3), students should:

- Be prepared to use a professional framework within a counselling agency
- Have developed an understanding of the counselling relationship
- Be prepared to use diversity understandings and skills in a counselling relationship
- Be prepared to manage the counselling process within a user-centred approach
- Use counselling concepts in personal exploration to develop self-awareness within counselling practice
- Have developed understanding of counselling concepts
- Be prepared to use supervision as a self-reflective counsellor

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 3-4 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 and self-development.

The course is not suitable for those currently experiencing life difficulties such as bereavement, relationship breakdown, mental health problems and so on. It is not a substitute for counselling or other support.

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

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

## Entry Requirements

Evidence of relevant life experience. CPCAB Level 2 Certificate in Counselling Skills or an equivalent qualification and training is required. You will need to have English at GCSE grade A C. It is the candidates' responsibility to demonstrate any equivalence. Applicants should be aged 19 or over as at 31 August of the preceding academic year.

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 Studies, followed by attendance at a briefing and interview in June / July. Conditional offers are normally made by the end of July. Note that these courses are often over subscribed so early application is advised.

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 and invited to attend a pre enrolment session where the tutor will outline the content of the course and explain how you will need to participate to successfully complete the course. If you wish to proceed you will be given the relevant documents to complete your enrolment with Student Services before

the first night of the course.

## What's Next

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

## Your Options

	Start Date	End Date	Course Level
<b>Counselling Studies (Part Time)</b>			
Cheltenham	10/09/19	12/05/20	3
<b>Counselling Studies (Part Time)</b>			
Cheltenham	07/02/20	26/06/20	3
<b>Counselling Studies (Part Time)</b>			
Cheltenham	06/02/20	25/06/20	3