

# Counselling Skills CPCAB L2



**Course Code** F01BF23A

**Venue:** Room 2

Tothill Community Centre  
Knighton Road  
St Judes  
Plymouth  
Devon  
PL4 9DA

**Start Date:** 09 November 2021

**End Date:** 12 July 2022

**Sessions:** 30

**Day(s):** Tuesday

**Start Time:** 18:00

**End Time:** 21:00

**Cost of course:** Full Fee £635 Concession £0

**Before you enrol on this course** Please speak to one of our friendly learning advisers who can support you to enrol on 01752 660713. This course is not available for online enrolment.

This qualification will not teach or qualify candidates to be Counsellors, but it will help them decide whether or not they want to train as a Counsellor. It will also give them counselling skills that are useful in a variety of roles e.g. care assistant, key worker, support worker.

You will need to take an online initial assessment to understand your levels of English and Maths prior to entry on this course.

**Material/Exam fees** Exam Fee: £190 (included in above cost)  
Material Fee: £15 (included in above cost)  
IQA Fee: £40 (included in above cost)

**Entry requirements** While previous completion of an Introduction to Counselling Skills course is recommended, no prior experience of counselling is required. Enthusiasm, commitment, and a willingness to be open and share the learning process with others are important qualities.

You will need to demonstrate full commitment and willingness to reflect on your personal skills and engage with some abstract concepts of counselling.

This course is not a substitute for therapy. Students need to be emotionally resilient, and if you are currently experiencing serious difficulties in your life, it would be advisable to delay starting this course until these are resolved.

## Course Intent

This qualification is for:

- Those starting the first level of training towards becoming a professional Counsellor
- Those who want to learn counselling skills to support other professional or helping roles
- Those who want to improve their professional and personal relationships as part of personal development.

This qualification is designed to give learners the underpinning knowledge, skills and competencies to use counselling skills ethically and safely in a variety of contexts and roles, and will concentrate on developing students' counselling skills, following seven units of study which are based on the process of the CPCAB model:

- Use counselling skills ethically and safely
- Manage helping interaction
- Communicate empathetic understanding
- Manage an active listening space
- Use self-awareness to facilitate helping work
- Use counselling skills in a consistent and logical way
- Use study skills to help manage learning

## How will I learn?

During the first session your tutor will outline what will be covered during the course. You can then think about your individual aims for the course and make an individual learning plan, with the help of the tutor.

This is a mainly theory course with some practical aspects and group discussion.

## How will I know I'm making progress?

Your tutor will set objectives for each session and give feedback on how you are progressing. You will agree personal targets as part of your Individual Learning Plan (ILP), and you will review your targets throughout the course to check your own progress.

You will complete assignments with deadlines, these will be assessed regularly, and feedback given to support your portfolio of work, required to meet the standards.

## Will I need to study or practise outside the classroom?

There is a considerable amount of work for you to do in your own time for this qualification. Please allow a minimum of 3 hours per week for this. There will be formal assignments which may include essays, research, reading or preparing presentations.

## What will I need for the course?

Please bring a pen, notepad and folder.

## Progression

Look out for information regarding follow on courses.

Learning Advisers will be happy to provide you with information on your next steps after this course.

Visit our website at [www.uncoursesouthwest.co.uk](http://www.uncoursesouthwest.co.uk) or contact us on 01752 660713 to discuss or to make an appointment.

## Please note

Most courses attract a subsidy from the Education and Skills Funding Agency and can be used to match funding for ESF. It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Room numbers are subject to change - please check when you arrive at the venue.

**ON COURSE SOUTH WEST**

**HYDE PARK HOUSE, MUTLEY PLAIN, PLYMOUTH, PL4 6LF**

**Tel: 01752 660713**

**[www.uncoursesouthwest.co.uk](http://www.uncoursesouthwest.co.uk)**



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