

Course Information Sheet

Level 2 Counselling Skills CPCAB

FP01E33A



Venue 📍 Tothill Community Centre	Start Date	2 Oct 2024 18:00
	End Date	25 Jun 2025 21:00
	Fee	Full Fee £662 Concession £0
	Materials	£0

[OCSW FP01E33A Counselling Skills CPCAB \(oncoursesouthwest.co.uk\)](https://oncoursesouthwest.co.uk)

Course Description:

Develop essential counselling skills with our Certificate in Counselling Skills L2, designed for anyone interested in improving their interpersonal skills and understanding of counselling.

Our Certificate in Counselling Skills L2 is a comprehensive course designed to equip learners with foundational counselling skills. This qualification covers essential topics such as active listening, empathy, and effective communication techniques. Perfect for those looking to enhance their interpersonal skills or pursue a career in counselling, this course provides practical experience and theoretical knowledge to support personal and professional development. You will be following the CPCAB model.

What Will I Learn?

Introduction to Counselling Skills

- Basic principles of counselling
- Role and responsibilities of a counsellor
- Understanding the counselling environment

Communication Skills

- Active listening techniques
- Non-verbal communication
- Building rapport with clients

Understanding Emotions

- Identifying and expressing emotions
- Managing emotional responses
- Empathy and its importance in counselling

Counselling Theories and Approaches

- Overview of major counselling theories
- Practical application of different approaches
- Integrating theory into practice

Ethical and Professional Issues

- Ethical frameworks and guidelines
- Confidentiality and its limits
- Professional boundaries and self-care

Practical Counselling Sessions

- Role-playing and simulations
- Case studies and real-life scenarios
- Feedback and reflective practice

Advanced Counselling Skills- Advanced questioning techniques

- Managing difficult conversations
- Crisis intervention strategies

Who should join this course?

This course is suitable for anyone interested in developing counselling skills, enhancing interpersonal communication, or pursuing a career in counselling.

Entry Requirements:

You will be invited to undertake an initial assessment to ascertain your levels of English and maths prior to entry on this course of study.

While previous completion of an introduction to counselling skills course is recommended, no prior experience of counselling is required.

Progression Opportunities:

Upon completing the Certificate in Counselling Skills L2, learners can progress to:

- Level 3 Diploma in Counselling Skills
- Higher education qualifications in counselling and psychotherapy

How do I enrol?

To apply for this course online at www.oucoursesouthwest.co.uk and simply click on the 'How to Enrol' button and complete the Enrolment Form and one of our customer service team will be in touch or call to speak to one of our friendly Learning Advisors on 01752 660713.

How will the course be delivered?

You will be working with your tutor and other learners face to face.

Will I need to practise outside the classroom?

You will need to complete a portfolio of evidence and meet deadlines given to you by your tutor. There will be set assignments and work that will need to be done in your own time.

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor will encourage home learning and independent research.

How will I know I'm making progress?

Your tutor will set objectives for the 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 and the start and end of the session.

What will I need?

Please bring a notepad and pen, and a file for your coursework and handouts.

Please note:

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). 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.

Terms and conditions are available at

<https://www.onscoursesouthwest.co.uk/learner-information/essential-information-for-every-learner>

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

