

What does it cost?

The course fee is £1100 which includes registration fees paid out to CPCAB. A deposit of £300 is required, and BCT allows students to pay the balance in 10 monthly instalments.

Who Accredits the Course?

The course is accredited by the Counselling & Psychotherapy Central Awarding Body (CPCAB). It carries 17 units on the Regulated Qualifications Framework (RQF).

What further training is available?

Students who successfully complete the Level 2 Certificate course would be eligible to join a Level 3 Certificate in Counselling Studies course, also 90 hours of training.

Following successful completion of the Level 4 Diploma in Therapeutic Counselling a student would have qualified to practise as a counsellor. In due course, with the addition of hours from Levels 2 and 3, they would be eligible to apply for accreditation with both the Association of Christian Counsellors (ACC) and the British Association for Counselling and Psychotherapy (BACP). Further information about CPCAB qualifications can be found on their website www.cpcab.co.uk.

How do I book?

For full details and an application form contact BCT Administrator, Julie Allday jallday@barnabastraining.com or these documents can be downloaded from the Barnabas website www.barnabastraining.com under Our Courses – 2019-2020 Courses.



Barnabas Counselling Training

Level 2 Certificate in Counselling Skills (CSK-L2)

October 2019 – July 2020

Pilgrims Hall, Brentwood

Barnabas Counselling Training Ltd, PO Box 752, Chichester, PO19 9QY

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cpcab

Who is the course for?

The Level 2 Skills course is for individuals who wish to learn counselling skills to be able to help people in a voluntary or employed situation, or for those who wish to find out more about counselling. It will not qualify students to be counsellors (they are termed “helpers” throughout this training course) but is a first step towards this and can progress to further training in counselling.

How long is the course?

The 90-hour course will run over 12 Saturday sessions, 9.00am-5.30pm on the following dates:

5th October, 19th October, 9th November, 7th December, 11th January 2020, 8th February, 7th March, 4rd April, 2nd May, 6th June, 4th July, 18th July

Where is the course held?

The course will be held at Pilgrims Hall, Ongar Road, Brentwood, CM15 9SA. There is ample parking onsite. Please note the training room is upstairs in the building and there is no lift available.

Who teaches the course?

The course will be taught by Kim Youpa. Kim is an accredited counsellor and experienced Tutor teaching our Level 2 – 4 qualifications. All of our trainers are approved by the Counselling and Psychotherapy Central Awarding Body.

How is the Course taught?

Sessions are a mix of teaching, group work and practical role play exercises to develop counselling skills. Students are introduced to counselling theory to set the context for counselling but the emphasis at this level is on the development of practical skills. While there are academic elements, the course also involves self reflection and encourages a growth in self awareness.

Each student receives a comprehensive course manual including additional background reading, and a reading list. Help is given as to how to write the essays and complete the course criteria. BCT Tutors offer students an appropriate level of guidance and support as they work through the course, in a safe and structured environment.

What does the course cover?

The course covers the following topics:

- difference between caring, helping and counselling
- stages of the helping relationship
- developing communication and listening skills
- developing self awareness
- models for counselling
- common problems

What work will I have to do?

- 1 essay of 2000 words
- 1 book review
- Taped skills essay
- Learning Journal
- Self review

It is a Criteria based programme following learning criteria set by CPCAB which students are required to evidence through their written and practical work. The course tutor will offer detailed guidance for all learning assignments. An estimated 90 hours of home study are required in addition to the course sessions.

Each student completes a formal counselling skills assessment during a session towards the end of the course. CPCAB also sets a written assessment to be completed under exam conditions. This will be held on 4th July 2020. Students have an opportunity to sit a mock assessment as preparation during an earlier course session.