

What does it cost?

The course fee is £1200 which includes registration fees paid to CPCAB. A deposit of £300 is required, and the balance may be paid in ten monthly instalments.

Who Accredits the Course?

The course is accredited by the Counselling and Psychotherapy Central Awarding Body (CPCAB) and carries 20 units on the Regulated Qualifications Framework (RQF).

What further training is available?

Students who successfully complete the Level 3 Certificate course would be eligible to apply for a Level 4 Diploma in Counselling, 420 hours of training over 2 years. On successful completion of the Level 4 Diploma 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 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?

Full details are available to download from the BCT website www.barnabastraining.com under "Our Courses - 2019-2020 Courses".

For any queries about the course or BCT's training programmes in general, please contact BCT Administrator Julie Allday

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Barnabas Counselling Training

Level 3 Certificate in Counselling Studies (CST-L3)

Pilgrims Hall, Brentwood

October 2019 – July 2020

cpcab

Who is the Course for?

This qualification is for learners who have acquired some counselling skills and wish to continue their training. Applicants should have completed a Level 2 Certificate in Counselling Skills course (or equivalent course of study of at least 75 guided learning hours) and be looking to take the next step in counselling training and to learn more about counselling theory and agency work.

How long is the course?

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

4th October, 18th October, 8th November, 6th December
10th January 2020, 7th February, 6th March, 3rd April, 1st May, 5th June, 3rd July, Friday 17th July

Where is the course held?

The course will be held at Pilgrims Hall, Ongar Rd, Brentwood, CM15 9SA.

Who teaches the course?

The course tutor will be Sharon Hastings. All of our tutors are counsellors approved as tutors by the Association of Christian Counsellors (ACC) and the Counselling and Psychotherapy Central Awarding Body (CPCAB).

What will I be taught?

The course covers the following topics:

- Ethical framework for counselling
- The counselling agency, process and relationship
- Diversity
- Rogers, Freud, CBT, Transactional Analysis
- Christian theories and approaches
- Live counselling skills practice
- Introduction to supervision
- Mental health

How is the Course taught?

The Level 3 course introduces more theory than the Level 2 course and moves from role play counselling scenarios to introduce live skills sessions with peer group supervision. Students continue to practise and hone the skills learnt at Level 2 in an environment of encouragement and support.

The theoretical approach for this course is integrative, built on a core of the Person Centred Core Conditions and *Egan's 3 Stage Helping Model* all applied from a *Christ centred* and *Biblical* perspective.

Sessions are a mix of teaching, group work, discussion and practical role play exercises. Each student receives a comprehensive course manual including additional background reading, and there is also a reading list. Help is given as to how to complete the written assignments and meet the course criteria. BCT Tutors endeavour to offer students an appropriate level of guidance and support as they work through the course, in a safe and structured environment. Previous students have commented on the *"excellent, dynamic and stimulating teaching that has afforded (me) every opportunity to succeed"*.

What work will I have to do?

- Initial Learning Statement
- 1 essay of 1500-2000 words
- 1 book review
- Learning Journal with 26 criteria to be covered
- Case Study
- Self review

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. Students have an opportunity to sit a mock assessment as preparation during an earlier course session.