

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) and 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 apply for the follow-on Level 3 Certificate in Counselling Studies, also 90 hours of training over a series of Saturday sessions, which we plan to offer from September 2022.

We cannot guarantee at this stage to offer a Level 4 Diploma in Counselling from 2024 and wish students to be aware of this as they apply for the Level 2 Certificate course.

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.

Barnabas Counselling Training Ltd
tel: 01243 543403 www.barnabastraining.com

Company no: 07374079



Barnabas Counselling Training

Level 2 Certificate in Counselling Skills (CSK-L2)

The Mix, Stowmarket

September 2021 – July 2022

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 over 12 Saturday sessions, 9.30am-6.00pm, on the following dates:

11th September 2021, 9th & 30th October, 27th November
22nd January 2022, 12th February, 12th March, 9th & 30th April, 28th May,
18th June, 9th July (exam)

Where is the course held?

Sessions will be held at The Mix, 127 Ipswich St, Stowmarket IP14 1BB. This venue allows us to ensure 2m social distancing if required.

Who teaches the course?

The course will be taught by Kim Youpa who has been a tutor for Barnabas Level 2 – 4 courses for several years. All BCT tutors are counsellors approved as tutors by the Counselling and Psychotherapy Central Awarding Body (CPCAB).

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

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 handbook 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 work will I have to do?

- Initial Learning Statement
- 1 essay of 2000 words
- 1 book review
- 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. The date for the assessment is included on the list of session dates. Students have an opportunity to sit a mock assessment as preparation during an earlier course session.