

### 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 Level 3 Certificate in Counselling Studies, also 90 hours timetabled over a series of Saturday sessions.

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](http://www.cpcab.co.uk).

### How do I book?

For full details and an application form contact BCT Administrator, Julie Allday [jallday@barnabastraining.com](mailto:jallday@barnabastraining.com).

**Guernsey Counselling Service (formerly 'Philippi')**

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Assoc. of Gsy Charities No: 270

**Barnabas Counselling Training Ltd, tel: 01243 543403**

[www.barnabastraining.com](http://www.barnabastraining.com) Company no: 07374079



## Barnabas Counselling Training

In conjunction with



## Level 2 Certificate in Counselling Skills (CSK-L2)

**Course 1: November 2021 - November 2022**

**Course 2: February 2022 – February 2023**

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 is timetabled over 12 sessions, 9.30am-6.00pm, over one year. We are offering two courses and session dates are provided as a separate document.

### **Where is the course held?**

Sessions will be held at The Institute, Princess Elizabeth Hospital, Rue Mignot, St Martin’s, GY4 6UU.

### **Who teaches the course?**

The course will be taught by Christine Woodall. Christine is a tutor for Barnabas Counselling Training and has a Diploma in Integrative Counselling. She works as a volunteer counsellor for Guernsey Counselling Service. 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 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 work will I have to do?**

- Initial Learning Statement
- 1 essay of 2000 words
- 1 written reflection on skills 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 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.