

## **What does it cost?**

The course fee is £1300 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 20 units on the Regulated Qualifications Framework (RQF).

## **What further training is available?**

Students who successfully complete the Level 3 Certificate in Counselling Studies would be eligible to apply for the CPCAB Level 4 Diploma in Therapeutic Counselling course.

We cannot guarantee at this stage to offer a Level 4 Diploma in Counselling from 2023 and wish students to be aware of this as they apply for the Level 3 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).



**Barnabas Counselling Training**

# **Level 3 Certificate in Counselling Studies (CST-L3)**

**The Mix, Stowmarket**

**September 2021 – July 2022**



**Barnabas Counselling Training Ltd**  
**tel: 01243 543403 [www.barnabastraining.com](http://www.barnabastraining.com)**

**Company no: 07374079**

## **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 at least 75 GLH) and be looking to take the next step in their 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 sessions, 9.30am-6.00pm, on the following Saturdays:

25<sup>th</sup> Sept, 23<sup>rd</sup> Oct, 13<sup>th</sup> Nov 2021. 8<sup>th</sup> & 29<sup>th</sup> Jan 2022, 26<sup>th</sup> Feb, 26<sup>th</sup> March, 23<sup>rd</sup> April, 14<sup>th</sup> May, 11<sup>th</sup> June, 2<sup>nd</sup> & 23<sup>rd</sup> July

## **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:

- Ethical framework for counselling
- The counselling agency, process and relationship
- Diversity
- Rogers, Freud, CBT, Transactional Analysis
- Christian theories and approaches
- 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 the Person Centred Core Conditions. This, and all the teaching, is offered from a Christian 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.

## **What work will I have to do?**

- Initial Learning Statement
- 1 essay, 2000 words
- 1 book review, 1000 words
- 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.

The CPCAB exam will take place on 2<sup>nd</sup> July 2022, date to be confirmed by CPCAB. Students have an opportunity to sit a mock assessment as preparation during an earlier course session.