

CPCAB Level 5 Course for Counselling Children and Young People Curriculum

TIC+ is an organisation which delivers free access counselling to young people age 9-21 across Gloucestershire.

We feel it is vital that we train counsellors in a way that enables them to confidently meet the complex needs of young people. We are aware of the issues the CYP are presenting with and acknowledge that the severity of these issues have vastly increased over the last few years. It's essential that counsellors are suitably trained for this work.

We believe our CPCAB Level 5 course equips counsellors to work safely, ethically, appropriately and competently with young people. Our course differs from other courses because of the environment we strive to create. We want our training room to mirror the counselling room, and offer our students the Core Conditions in the hope that they can offer these to their young clients.

Many students come to us having had negative experiences on other courses. Our aim is to nurture you to be the best counsellor you can be, and treat you with the same care, respect and compassion we offer our young clients.



Our curriculum is based on the BACP Counselling Young People Training Curriculum. We cover the following areas:

Ethical Practice:

Confidentiality & Consent, Disclosures, Ethical Dilemmas, Humanistic Competences, BACP Ethical Framework relating to Counselling CYP, Counselling Siblings, Friend & Romantic Partners, Cultural Competency, Impact of the Counselling Environment, Endings

Working Appropriately with CYP:

The Therapeutic Alliance with CYP, Development Theory, Attachment Theory, Neuroscience, Integrating your Core Training to Work with CYP, Working Remotely

Assessments:

Carrying out a Person Centred Assessment, Risk Assessments, Risk & Protective Factors, The Use of Routine Outcome Measures, Referrals

CYP Mental Health:

Working with Trauma and Sexual Abuse including Pre-Trial Therapy, Working with Anger, OCD, Eating Disorders, Body Image, Gender Issues, Anxiety, Impact of Technology and Social Media, Self-Harm, Suicide

CYP Wellbeing

Resilience, Adverse Childhood Experiences (ACEs), Mindfulness and Wellbeing

Working Creatively:

Creative and Symbolic Strategies, Play, Sand Trays

Counsellor Development:

Effective Use of Supervision, Counsellor Self-Care, Professional Development, Working in Private Practice with CYP, Working with Groups

You can find out more about TIC+ training courses at www.ticplus.org.uk/Training

In addition to this we facilitate an Inner Adolescent session as it's important that you are able to engage with your inner adolescent and keep yourself safe. The course also requires you to complete a variety of skills practices and assessments.

We encourage you to embrace your time on the course, learning from the tutors and each other, as well as growing, developing connections, and having fun.