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## CPCAB Level 2 Certificate in Counselling Skills



**VENUE:**  
Eastgate House,  
121-131 Eastgate Street,  
Gloucester GL1 1PX

### Dates

The course will run for  
16 weeks from 2:00pm to  
8:00pm, on a Monday, starting:

Monday 9 September 2024  
followed by:

### Overall purpose and aim of training:

- For students starting out on their journey to be a professional counsellor or for those who want to learn counselling skills to improve their professional and personal relationships
- Leads to a nationally regulated qualification awarded by the Counselling and Psychotherapy Awarding Body (CPCAB)

During your time with us we aim to nurture you and build your confidence to be the best you can be. Our training room is designed to feel warm and comfortable, creating conditions in which you feel you are able to grow and feel safe, exploring new thoughts and ideas.

“ The overall course structure and shared timetable makes it very clear where we are going ”



In partnership with

cpcab

Within this course you will undertake a variety of skills practices and assessments, personal development groups and group supervision.

We hope you will embrace your time on the course and encourage you to learn from the tutors and each other, as well as grow and have fun.

## Qualification Structure

### Seven mandatory units

- 1 Work within the limitations of the helping role
- 2 Establish boundaries for helping work
- 3 Communicate empathetic understanding
- 4 Focus on the helpee's agenda
- 5 Understand the importance of self-awareness in helping work
- 6 Use listening and responding skills
- 7 Use review and feedback to develop initial counselling skills

The course is delivered by TIC+ tutors with many years' experience working as a counsellor.

## Head of Training

**Sue Cook - MBACP, MSc** in Counselling Psychology and a Post Graduate Diploma in Enhanced Evidence Based Practice for Working with Children and Young People with Depression and Anxiety

## Programme Lead

**Sarah Phillips - MBACP, MSc** in Psychology, Foundation Degree in Integrative Therapeutic Counselling and Certified Cyber Therapist Programme Lead

## Structure

This 16 week, part-time, qualification gives learners the underpinning knowledge, skills and competencies to use counselling skills ethically and safely in a variety of contexts and roles.

**90 hours** guided learning

**80 hours** self-directed learning (includes written assignment, reading, listening to podcasts etc)

Minimum Age **18 years**

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I have grown so much through this course. It has helped me to be more self-aware not only in my journey to become a helper but also in my personal and professional life. The tutors are supportive, knowledgeable and easy to talk to

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“

The teaching style has created a relaxed open atmosphere within the group where its notable that everyone feels comfortable to contribute – its very inclusive

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**Course cost                    £1,890**

The course cost is for BOTH Level 2 & Level 3 combined. For students who wish to complete Level 2 only, the cost is £1,050.

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I am really enjoying the course and getting a lot out of it. Each week I have new things to think about and to potentially make changes with

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## Applications

Email [training@ticplus.org.uk](mailto:training@ticplus.org.uk) for an application pack.

For further details or queries contact Sue Cook or Tracey Hannis on 07398 818391

## Entry Requirements

This qualification is not suitable for those who are currently in a state of severe emotional difficulty and/or severe psychological distress. Students need to be aware that the course involves experiential elements that will involve some personal disclosure and associated personal developmental activities.

- be able to cope with the course content
- have the ability to translate personal experience into language
- be able to benefit from self-development
- be motivated towards developing as a helper
- emotional stability
- identify reasons for training beyond just personal development
- awareness of difference and diversity
- attend an interview

Successful completion of the **CPCAB Level 2 Certificate in Counselling Skills** will lead to **CPCAB Level 3 Certificate in Counselling Studies**, commencing in January 2025 for 16 weeks, until June 2025.

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Feel as if I'm developing at a good pace, learning new things and validating my skills

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