



## Level 2 Certificate in Counselling Skills

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Our Level 2 CPCAB Qualifications include:-  
**Level 2 Certificate in Counselling Skills**

### **Who is this qualification for?**

This course is intended for candidates who:

- 1) Want to take the first step in training to be a counsellor (this course won't teach you to be a counsellor but will prepare you for the next level of practitioner training).
- 2) Want to become competent in the use of counselling skills to help others – either in a voluntary or an employed situation.

### **How many hours of study are involved?**

90 hours of teaching time are required. This course is run weekly over three academic terms. Each class runs for 3 hours and additional study time is required for journal writing. A minimum of 80% attendance is required.

The Centre is not necessarily restricted to academic terms and we are happy to consider running courses throughout the year if there is sufficient demand.

### **What is the Credit value of this course?**

The credit value is 17.

### **What entry requirements are there for this course?**

No previous training or experience required. An interest in self-development and a capacity to reflect upon personal experience are helpful. The minimum age is 18 years. It is helpful to have completed the Introduction to Counselling Skills unless you already have specific experience in this area.

### **What will I gain from this course?**

This course will help you to develop your interpersonal skills in a range of situations and develop your self-awareness and well-being in social situations. You will have an opportunity to practise a particular counselling skill each week and will learn how to boundary and protect yourself in social situations.

In terms of progression, candidate's aged 19+ can progress to CPCAB's Level 3 Certificate in Counselling Studies or Life Coaching Skills (LSC-L3).

The courses meet the requirements of the National Counselling Society and the British Association of Counselling and Psychotherapy for individual accreditation.

### **How will I be assessed?**

Your tutor will assess your weekly journals and evidence of learning throughout the course. You will be given clear and affirming feedback throughout to guide you to meeting the learning outcomes. You will also be given feedback from your peers.

In addition, there will be also be an external assessment, which involves watching a DVD of a Counselling Skills session and completing an exam paper.

### **Will I be required to be in personal therapy or placement as part of this qualification?**

No, that is not a requirement at this level of training.



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### **Will I be able to attend if I have additional learning needs?**

The Tara Centre is committed to supporting students with additional learning needs, but will need to be clearly informed at interview about specific needs in order to ascertain the best ways of meeting them. If we cannot help you, we will do our best to sign post you to somewhere which can. Our premises meet all the requirements for disabled access.

### **How can I best prepare for this course?**

A reading list is available on request.

The awarding body we work with is the Counselling & Psychotherapy Central Awarding Body (CPCAB), please see their website for further information about this course.