



# Introduction to Counselling Skills ICSK L2

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Our Level 2 Qualifications begin with: –  
**Introduction to Counselling Skills ICSK L2**

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

This qualification is intended for candidates who:

- 1) Would like to find out more about counselling (this course won't teach you to be a counsellor, but may help you decide whether or not you want to train as one).
- 2) Want to learn initial counselling skills to help others — either in a voluntary or an employment setting.

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

30 hours of teaching time are required. This course is run weekly over a ten-week period. Each class runs for 3 hours and additional study time is required for journal writing. A minimum of 80% attendance is required.

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

The credit value is 5.

## **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 16 years.

## **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.

In terms of progression, candidates aged 18+ can progress to CPCAB's Level 2 Certificate in Counselling Skills (CSK-L2) or aged 19+ to CPCAB's Level 3 Certificate in 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.

External verification takes place by CPCAB, the awarding body for the qualification.

## **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.

## **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 to ascertain the best ways to meet them. If we cannot meet your needs we will sign post you to somewhere that can. Our premises meet all requirements for disabled access.

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

If you are interested in this course please call telephone 01534 840761 or email us [enquiries@thetaracentre.co.uk](mailto:enquiries@thetaracentre.co.uk)