



Level 3 Certificate in Counselling Studies

Who is this qualification for?

This course is intended for candidates who:

- 1) have already acquired a recognised qualification in Counselling Skills and want to take the second 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) wish to learn more about the relationship between Counselling theory, ethics and mental health.
- 3) would like to prepare for work as a professional counsellor in an agency setting.

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 is a duration of 3 hours and additional study time is required for journal writing and reading. 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 20.

What entry requirements are there for this course?

You must have undertaken counselling skills training, either CPCAB Level 2 Certificate in Counselling Skills or equivalent units/ qualifications of at least 75 Guided Learning Hours.

An interest in self-development and a capacity to reflect upon personal experience are helpful. The minimum age is 19 years.

What will I gain from this course?

This course will help you to develop your interpersonal skills and theoretical understanding in a range of situations. You will have an opportunity to learn about specific counselling theories, to practise the specific skills and techniques related to each model and to develop an understanding of the ethical and mental health related aspects to counselling.

In terms of progression, candidates aged 19+ can progress to CPCAB's Level 4 Diploma in Counselling.

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. You will be expected to research a local Counselling agency with your colleagues in the second term and present a case study of your continuous work with a client within the classroom setting in your final term.

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



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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 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.