



Level 4 Diploma in Therapeutic Counselling and Open University Foundation Degree

Level 4 Diploma in Therapeutic Counselling

Who is this qualification for?

This course is intended for candidates who:

- 1) Want to develop the knowledge, skills and competencies to work in an agency setting as an employee or volunteer. You may progress onto independent practise with experience and support from your supervisor or by completing PC-L5.
- 2) Professionals such as teachers, nurses, mental health workers, personnel officers, managers who want to become competent in the use of counselling skills to enhance their working practises.

How many hours of study are involved?

This is a 2-year part time qualification.

Throughout each year, the course will take the structure of one evening class per week over 3 academic terms. In addition there are Saturday workshops, which together comprise a total of 210 guided learning hours each year.

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.

A minimum of 80% attendance is required.

What is the Credit value of this course?

The credit value is 120.

What entry requirements are there for this course?

Candidates must have acquired both CPCAB's Level 2 Certificate in Counselling Skills (CSK-L2) and CPCAB's Level 3 Certificate in Counselling Studies (CST-L3), or their RPL (recognised prior learning) equivalent.

Tutors can allow progression onto the first year of TC-L4 to candidates who have not yet completed their assessment for CST-L3. However, such candidates must successfully complete the assessment prior to entry into the 2nd year of TC-L4.

The minimum age is 19 years.

What will I gain from this course?

The CPCAB Level 4 Diploma in Therapeutic Counselling is an integrative training which addresses the main theoretical models of counselling, from their historical roots to recent developments and their contribution to mental health and wellbeing. There is an emphasis on psychological research and the manner in which recent advances in neuroscience inform both theoretical understanding and counselling practice.



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In terms of progression, candidate's aged 19+ can progress to CPCAB'S

- **Open University Foundation Degree in Counselling**

The Open University Foundation Degree is made up of the CPCAB Level 4 Diploma in Therapeutic Counselling (TC-L4), a mandatory Open University module (D240 Counselling: exploring fear and sadness) PLUS a choice of Open University modules and optional CPCAB level 5 practitioner qualifications. The Open University modules can be taken at any time during the Foundation Degree, either alongside or after completing the CPCAB qualifications. For full details read the overview of the Foundation Degree in Counselling on the CPCAB website.

- **Level 5 Diploma in Psychotherapeutic Counselling (PC-L5)**
- **Level 5 Diploma in Cognitive Behavioural Therapeutic Skills & Theory (CBT-L5)**
- **Level 6 Certificate in Therapeutic Counselling Supervision (TCSU-L6) 2**

How will I be assessed?

Internal assessment: you will be required to keep a candidate portfolio evidencing minimum assessment requirements, and verified by CPCAB.

External assessment: externally assessed audio recording of counselling session with a peer, plus an associated written paper taken under exam conditions and assessed by CPCAB.

For full information refer to section 3 of TC-L4 specification on the CPCAB website.

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

Yes, you will be required to undertake a minimum of 10 hours face-to-face personal therapy as part of your 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.