



CITY AND ISLINGTON  
COLLEGE

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Westminster  
Kingsway College

The College of  
Haringey, Enfield  
and North East London



 Capital  
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Training

# Counselling Skills - Level 2 Certificate (CPCAB)

This course will give you the skills needed to work as a counsellor, increasing your understanding of the process and teaching you about the sensitivity and awareness needed for change and growth. You will learn about the ethics within the British Association of Counselling and Psychotherapy's (BCAP) Ethical Framework for Counselling and Psychotherapy, as well as the major approaches to counselling and their philosophical and practical assumptions about the nature of humans.

## WHAT WILL I STUDY?

Topics covered can include:

- Using counselling skills, ethically and safely
- Establishing and sustaining the boundaries of the helping role
- Working empathetically as a helper
- Focusing on the helpee's needs and concerns
- Using self-awareness in helping work
- Using a range of counselling skills to facilitate the helping interaction
- Using feedback and reflection to enhance counselling skills

## WHAT WILL I NEED?

You do not need to have any previous qualifications.

All applicants must have an interview and submit a 500-word statement to confirm that the course is suitable for them.

Demand for this course is very high, we cannot guarantee all applicants a place on the course.

## HOW WILL I BE ASSESSED?

The course encourages constant written self-review in the form of keeping a learning review journal and filling in a self-review sheet on a weekly basis. There will be a written assignment, which is assessed internally, in addition to one

**Start Date: 12 September 2024**

**Duration: 20 Weeks**

**Attendance: Full Time**

**Location: Finsbury Park Centre**

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external assessment based on written feedback in relation to a video.

## WHAT WILL IT COST?

### ADULTS - ENTRY LEVEL, LEVEL 1 AND LEVEL 2

If you will be aged 19+ on 31st August prior to the start date of your course, up to Level 2, then your study with us will be free. You must have lived for 3 years within the EU/EEA/UK prior to the start of your course, you must have lived in the UK before 1st January 2021 and you must have permission to live in the UK for at least 12 months from the first day of learning. Please see [here](#) for the documents you will need to show us.

Some courses will have other associated costs, such as for specialist materials and trips. Many of our students are eligible for financial support, see [here](#) for details.

This course is part-time and runs on a Wednesday evening 5-9pm there are also 5 Saturdays which are 10-4.30 at the Finsbury park campus.

Concessions are available.

## WHAT CAN I DO AFTER?

On completion of this course, progression to the Level 3 qualification will provide you with a broader knowledge of the industry.

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