



CITY AND ISLINGTON  
COLLEGE

**wk**<sup>©</sup>  
Westminster  
Kingsway College

The College of  
Haringey, Enfield  
and North East London



**Capital  
City  
College  
Training**

# Counselling Studies - Level 3 Certificate

This course introduces you to psychodynamic & humanistic theories and helps you see the place for theory in the counselling process. You will participate in a range of activities to develop your counselling skills, such as group discussions and triad role-plays, as well as self-awareness exercises to learn about yourself and yourself in relationships.

As part of your self-development and understanding of the counselling relationship, you will complete 6 hours of personal counselling with an independent external counsellor therapist. You will also keep a weekly journal to record your learnings on the course.

This course is a pre-requisite for the Therapeutic Counselling - Level 4 Diploma.

## WHAT WILL I STUDY?

Topics covered can include:

- Preparing to work within an ethical framework for counselling
- Understanding the counselling relationship
- Understanding difference and diversity issues to develop empathic understanding
- Working within a user-centred approach to counselling
- Using counselling theory to develop self-awareness in counselling practice
- Understanding theories of counselling and mental health
- Using feedback, reflection and supervision to support counselling studies

## WHAT WILL I NEED?

You will need:

- Counselling Skills - Level 2 Certificate (CPCAB)

All applicants must have an interview and assessment 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?

**Start Date: 6 January 2025**

**Duration: 26 Weeks**

**Attendance: Full Time**

**Location: Finsbury Park Centre**

<https://www.capitalccg.ac.uk/candi/course/course-detail/pdf/15909/>



**Capital City  
College Group**  
[www.capitalccg.ac.uk](http://www.capitalccg.ac.uk)

You will be assessed on your completed practical tasks, against CPCAB standards. Written assessment will include multiple choice questions, exams and written assignments.

## WHAT WILL IT COST?

### ADULTS - LEVEL 3

If you will be aged 19 to 23 prior to the start date of your course, and do not already have a full Level 3 qualification, you may be eligible for a Level 3 entitlement, in which case your study with us will be free. If you are older, or already have a Level 3, we have many other Level 3 courses that are also [free](#) to study. Otherwise, you will have to pay the fees yourself or apply for an [Advanced Learner Loan](#).

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.

## WHAT CAN I DO AFTER?

On completion of this course, progression to a Level 4 Diploma will provide you with a broader knowledge of the industry.

**Start Date: 6 January 2025**

**Duration: 26 Weeks**

**Attendance: Full Time**

**Location: Finsbury Park Centre**

<https://www.capitalccg.ac.uk/candi/course/course-detail/pdf/15909/>

