



# 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 assessment and interview to confirm that the course is suitable for them.

## 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 external assessment.

## WHAT WILL IT COST?

**Start Date:** 2 September 2024

**Duration:** 1 Year

**Attendance:** Part Time

**Location:** Tottenham Centre

## 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.

### WHAT CAN I DO AFTER?

The course may lead to a progression onto our BACP Accredited Diploma in Counselling Level 3 or the Foundation Degree (based on further interviews). The course can also lead to further study in Person-Centred Art Therapy (PCAT). Following on from the Level 2 Counselling Skills Certificate, you may decide to go onto other courses at CONEL, such as Health Care and Childcare, if you have some experience in these areas.

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