

# Certificate in Counselling Studies

## Level 3 CPCAB

This course provides learning experiences which will enable you to develop and practice counselling skills. It will also increase your knowledge/ understanding of such skills and look at counselling theories in more depth. It is specifically designed for those who want to take the next step towards training to become a counsellor (having already acquired some counselling skills), or continue their skills development for voluntary work or employment. This level does not qualify you to be a counsellor.

**Course duration:** 30 weeks (Part time)

**Price:** £811

### What will I learn?

The course involves experiential elements and learning that will involve some personal disclosure and associated personal development activities. The course aims to help you:

- learn more about counselling theory and agency work, and to develop an understanding of what it means to work with listening skills in a professional organisation, working with Codes of Ethics, boundaries, etc
- explore the effects of attitudes and personal value choices brought to the counselling relationship, and particular ways in which this may help or hinder the counselling process
- consider issues relating to valuing diversity within ourselves and work situations, including mental health issues
- increase your knowledge and understanding of Person Centred Counselling theory and process, and discover ways in which the Counsellor can facilitate the counselling process
- further develop your understanding of group tasks, processes and dynamics through participating in a learning group and reflecting on the experience and its influence on personal and professional development
- explore in general terms how research informs the development of counselling theory and counselling practice.

### How will I be assessed?

This is an opportunity to develop your theoretical knowledge, personal awareness and extend your listening skills. Assessment comprises:

- theory assignment (2000 words)
- self review
- research assignment (1000 words)
- group agency presentation
- case presentation (30 minute tape) with review
- completion of weekly Learning Review throughout the course
- external assessment (answering questions on a pre-prepared DVD)

### What are the entry requirements?

You should have previously undertaken 90 hours of counselling skills training, eg by completing the CPCAB Counselling Skills Level 2 Certificate (CSK-L2) or equivalent. You will also need to have an interview to assess your eligibility for the course.

Applicants need to be able to handle the level of academic work required and show a willingness to take responsibility for oneself. Applicants must be able to respect others regardless of race, ethnic origin, gender, sexual orientation or disability.

### What progression is there?

Successful completion of this course will allow you to apply for higher level qualifications.

Please be aware that if your long term goal is to work in an area with vulnerable adults or any person under the age of 18, it will be necessary to undergo a disclosure and barring services (DBS) check at your place of employment. If you have a criminal conviction this may exclude you from working in some job roles.

### Where will I study?

Runshaw College, Leyland Campus, Langdale Road, Leyland, PR25 3DQ.

### Money Matters

To find out more about financial support available to you please contact Student Services on 01772 643020 or visit the 'Money Matters' page on our website [www.runshaw.ac.uk](http://www.runshaw.ac.uk)

### How do I find out more and apply?

For more information about the course and how to apply contact Adult Course Admissions by emailing [justask@runshaw.ac.uk](mailto:justask@runshaw.ac.uk) or call 01772 642040.

### Anything Else

The awarding body for this course is the Counselling & Psychotherapy Central Awarding Body (CPCAB). This is a UK awarding body that is managed by professional counselling practitioners, trainers and supervisors. It is the only awarding body in Europe to specialise in the field of counselling.

There will also be an opportunity to take part in a one night residential trip during the course. Attendance for this trip is not compulsory but comes highly recommended as it is a very valuable learning and personal development experience. Please be advised that there will be an additional cost for this (price TBC).

This information is correct at time of printing but may be subject to amendment and we reserve the right to cancel courses.

**Outstanding**  
support and  
guidance

**RUNSHAW COLLEGE**

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