

# COUNSELLING COURSES 03-04



Dear Enquirer

Thank you for your interest in CSCT's quality counselling programmes. Our organisation has a proven track record of creating, administering and supporting counselling training courses, with a highly skilled team of experienced counselling trainers producing fully comprehensive tutor and trainee materials. They are committed to providing high quality training programmes that reflect current thinking and research in the field and meet the changing needs of the counselling profession. With more than two decades working with the Further Education sector and small/medium enterprises in the UK, Eire and Gibraltar – and having trained over 50,000 students in that time – CSCT understand fully the demands and needs of counselling training.

We have prepared this document to provide you with the necessary information about our courses, the assessment requirements, the level they are matched to and other details. The courses are grouped by national awarding body – these are organisations authorised by the Qualifications and Curriculum Authority (QCA) to award counselling qualifications. CSCT currently writes counselling materials to the specifications provided by the following awarding bodies:

**Assessment and Qualifications Alliance (AQA)**

[www.aqa.org.uk](http://www.aqa.org.uk)

**Counselling and Psychotherapy Central Awarding Body (CPCAB)**

[www.cpcab.com](http://www.cpcab.com)

**NCFE**

[www.ncfe.org.uk](http://www.ncfe.org.uk)

You can find out more about these organisations at their respective websites.

The last academic year (2002-2003) saw the introduction of the National Qualifications Framework (NQF). All new Vocationally Related Qualifications now meet standard criteria for assessment and learning outcomes – and all are matched to specified levels on the NQF, ie Level 2 (introductory and intermediate), and Level 3. What this means is that we offer similar courses at each level from different awarding bodies, although you will notice that course length and assessment requirements can vary significantly between one organisation and the other. Your choice of awarding body for will depend on personal preference and the availability in your region.

Also included is the CSCT Regional College list, which gives full contact details for all the centres running our courses. For any further information on fees, timetables, etc. feel free to contact your chosen centre/s.

**Thanks again for your interest in our training materials and good luck with your studies, from all at CSCT Limited.**

# ASSESSMENT AND QUALIFICATIONS ALLIANCE (AQA) COURSES\*

## LEVEL 2 INTRODUCTORY

### AQA Intermediate Certificate in Introduction to Counselling Concepts

Course length	30 hours.
Course structure	One mandatory unit: <i>An Introduction to Counselling</i> . One optional unit.
Internal assessment	Candidate learning statement. Practical skills.
External assessment	One-hour short answer test.
Entry requirements	No previous training required.

## LEVEL 2 INTERMEDIATE

### AQA Intermediate Certificate in Counselling Skills

Course length	60-75 hours.
Course structure	One mandatory unit: <i>Skills Acquisition and Practice</i> . One optional unit.
Internal assessment	Journal. Skills role-play practical assessment for all units.
External assessment	60-minute test for mandatory unit (consists of short answer questions).
Entry requirements	No previous training required.

\* CSCT materials written to the specification of this awarding body.

# ASSESSMENT AND QUALIFICATIONS ALLIANCE (AQA) COURSES\*

## LEVEL 3

### AQA Advanced Certificate in Counselling

<b>Course length</b>	135-170 hours.
<b>Course structure</b>	One mandatory unit: <i>The Developing Practitioner</i> . Two optional units.
<b>Internal assessment</b>	Journal. Practical assessment and/or essay.
<b>External assessment</b>	“Open-book” essay.
<b>Entry requirements</b>	AQA Intermediate Certificate in Counselling Skills

## LEVEL 3

### AQA Advanced Diploma in Counselling

<b>Course length</b>	190-250 hours.
<b>Course structure</b>	Two mandatory units: <i>The Developing Practitioner</i> and <i>Therapeutic Practice</i> . Two optional units.
<b>Internal assessment</b>	Journal. Essay. Study of supervised practice (minimum 8 hours). Practical role-play.
<b>External assessment</b>	Unit 1: “Open book” essay. Unit 2: Study of supervised practice submitted to AQA.
<b>Entry requirements</b>	AQA Intermediate Certificate in Counselling Skills.
<b>Client hours</b>	8 hours voluntary counselling work.

\* CSCT materials written to the specification of this awarding body.

# **COUNSELLING AND PSYCHOTHERAPY CENTRAL AWARDING BODY (CPCAB) COURSES\***

## **LEVEL 2 INTRODUCTORY**

### **CPCAB Level 2 Certificate in Initial Counselling Skills**

<b>Course length</b>	30 hours.
<b>Course structure</b>	Seven qualification units.
<b>Internal assessment</b>	Self-review. Learning review. Skills assessments. Tutor and peer feedback.
<b>External assessment</b>	Contact CPCAB.
<b>Entry requirements</b>	No previous training required.

## **LEVEL 2 INTRODUCTORY**

### **CPCAB Level 2 Certificate in Initial Counselling Skills – Working with Young People**

<b>Course length</b>	30 hours.
<b>Course structure</b>	Seven qualification units.
<b>Internal assessment</b>	Self-review. Learning review. Skills assessments. Tutor and peer feedback.
<b>External assessment</b>	Contact CPCAB.
<b>Entry requirements</b>	No previous training required.

\* CSCT materials written to the specification of this awarding body.

# **COUNSELLING AND PSYCHOTHERAPY CENTRAL AWARDING BODY (CPCAB) COURSES\***

## **LEVEL 2 INTERMEDIATE**

### **CPCAB Level 2 Certificate in Counselling Skills**

<b>Course length</b>	90 hrs.
<b>Course structure</b>	Seven qualification units.
<b>Internal assessment</b>	Assignment. Self-review. Learning review. Counselling skills practice. Feedback. Tutorial records.
<b>External assessment</b>	Contact CPCAB.
<b>Entry requirements</b>	No previous training required.

## **LEVEL 2 INTERMEDIATE**

### **CPCAB Level 2 Certificate in Counselling Skills – Working with Young People**

<b>Course length</b>	90 hrs.
<b>Course structure</b>	Seven qualification units.
<b>Internal assessment</b>	Assignment. Self-review. Learning review. Counselling skills practice. Feedback. Tutorial records.
<b>External assessment</b>	Contact CPCAB.
<b>Entry requirements</b>	No previous training required.

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# **COUNSELLING AND PSYCHOTHERAPY CENTRAL AWARDING BODY (CPCAB) COURSES\***

## **LEVEL 2 INTERMEDIATE**

### **CPCAB Level 2 Certificate in Counselling Skills – Working with Addictions**

<b>Course length</b>	90 hrs.
<b>Course structure</b>	Seven qualification units.
<b>Internal assessment</b>	Assignment. Self-review. Learning review. Counselling skills practice. Feedback. Tutorial records.
<b>External assessment</b>	Contact CPCAB.
<b>Entry requirements</b>	No previous training required.

## **LEVEL 2 INTERMEDIATE**

### **CPCAB Level 2 Certificate in Counselling Studies**

<b>Course length</b>	90 hrs.
<b>Course structure</b>	Seven qualification units.
<b>Internal assessment</b>	Assignment. Self-review. Learning review. Counselling practice session. Case presentation. Feedback. Tutorial records.
<b>External assessment</b>	Contact CPCAB.
<b>Entry requirements</b>	CPCAB Level 2 Certificate in Counselling Skills.

\* CSCT materials written to the specification of this awarding body.

# **COUNSELLING AND PSYCHOTHERAPY CENTRAL AWARDING BODY (CPCAB) COURSES\***

## **LEVEL 3**

### **CPCAB 2-year Advanced Diploma in Therapeutic Counselling (three available core models: Integrative, Humanistic, Psychodynamic)**

<b>Course length</b>	420 hours (210 per year).
<b>Course structure</b>	Seven qualification units.
<b>Internal assessment</b>	Evidence-based portfolio. Case studies. Assignments. Self- and learning reviews. Counselling practice sessions. Case presentations. Client record. Supervision record. Therapy record. Supervisor & agency feedback. Tutor/peer feedback. Tutorial record.
<b>External assessment</b>	Contact CPCAB.
<b>Entry requirements</b>	CPCAB Level 2 Certificate in Counselling Skills AND CPCAB Level 2 Certificate in Counselling Studies.
<b>Client hours</b>	100 hours minimum.

\* CSCT materials written to the specification of this awarding body.

# NCFE AWARDING BODY COURSES\*

## LEVEL 2 INTERMEDIATE

### NCFE Certificate in Counselling Skills

<b>Course length</b>	40 hrs.
<b>Course structure</b>	1. Applying counselling skills. 2. Evaluate and develop own work. 3. Counselling skills in Context.
<b>Internal assessment</b>	Portfolio. Journal. Record of skills practice. Data concerning referral agencies. Personal action plan. Qualification units with number of hours allocated for each unit.
<b>External assessment</b>	30-minute test with 10 questions.
<b>Entry requirements</b>	No previous training required.

## LEVEL 3

### NCFE Level 3 Certificate in Counselling Skills and Theory

<b>Course length</b>	80 hrs.
<b>Course structure</b>	5 units: 1. Counselling Skills 2. Counselling Theory 3. Professional Issues 4. Develop Self 5. Contextual framework: 13 hours
<b>Internal assessment</b>	Evidence-based portfolio. Journal. Case study. Skills practice. Presentations.
<b>External assessment</b>	1-hour paper.
<b>Entry requirements</b>	NCFE Certificate in Counselling Skills.

\* CSCT materials written to the specification of this awarding body.

# CSCT'S INTRODUCTORY COURSES\*

## CSCT Introduction to Counselling Skills

Course length	30 hours.
Course structure	One mandatory unit.
Internal assessment	Course diary. Practical assessment.
External assessment	NONE REQUIRED.
Entry requirements	No previous training required.

## CSCT Introduction to Grief & Loss Counselling Skills

Course length	30 hours.
Course structure	One mandatory unit.
Internal assessment	Course diary. Practical assessment.
External assessment	NONE REQUIRED.
Entry requirements	No previous training required.

\* No awarding body. CSCT Certificate on completion.