

CPCAB LEVEL 5 Diploma in Psychotherapeutic Counselling

WHO IS IT FOR?

The course is aimed at counsellors who have achieved a [Level 4 Diploma in Therapeutic Counselling](#) or its equivalent. Learners will acquire the knowledge, skills and competencies they will need in order to work as self-employed counsellors, in independent practice. Learners will also be equipped to take on senior counselling roles in organisational contexts where client assessment, referral and routine evaluation are part of the role.

This course is designed in order to meet the [SCoPEd framework](#) for therapist B level competencies.

WHAT DOES THE COURSE COVER?

During the course we will be covering these areas :

- **Setting up and developing your private practice**
- Expanding your skills as an ethical and independent practitioner
- **Deepening your understanding of the psychotherapeutic relationship**
- Exploring issues of cultural diversity
- **Introducing additional theoretical models** to integrate into your humanistic practice
- Continuing your **personal development**
- Building your skills as a practitioner
- **Enhancing** your reflective practice

There will be workshops on :

- Client Assessment
- Psychodynamic Principles
- Family Systems Theory and working with Genograms
- Internal Family Systems
- Trauma informed approach to client work
- Understanding addiction
- Introduction to Brief Solutions Focused Therapy and Working in Employee Assistance Programmes
- Introduction to Walking Therapy
- Setting up and marketing your Practice

HOW MUCH WILL IT COST?

The course fees for the Academic year 2025/26 are: Tuition fee: £1849 (or £1699 if paid by 26.2.2026 for April 26 start) plus the CPCAB registration fee: £385

WHERE WILL THE COURSE BE DELIVERED?

For the **Bournemouth** courses: at BBS (formerly BSVI) Training Centre, 5 Victoria Park Road, Bournemouth, BH9 2RB. *Please note dates and venue can be subject to alteration.*

WHEN ARE THE COURSES RUNNING?

DAYTIME BOURNEMOUTH 2026 – 16 Saturdays 09:00-17:30			
Starts	Saturday 25/4/2026	Ends	Saturday 5/12/2026

IS THERE FUNDING AVAILABLE FOR THIS COURSE?

As Redlands is an independent training provider, we are not part of the Government-Funded Advanced Learner Loan scheme. For this reason, our learners are self-funded.

We do aim to keep our costs at a level which make all our courses accessible, whilst maintaining excellent quality. There is an early payment discount for this course, and the details and deadline for this is on the Fees and Costs section of the webpage.

WORK REQUIREMENTS

Students will need to complete a minimum of 60 supervised client hours, and these should be as an independent practitioner. The hours can be gained whilst working privately or as a senior counsellor (with autonomy) in an agency.

WHAT DO THE INITIALS CPCAB STAND FOR?

CPCAB stands for the Counselling & Psychotherapy Central Awarding Body. This is the Body which awards the qualification to students who are assessed as proficient at the end of the course. CPCAB is the only national Awarding Body which specialises in counselling qualifications.

WHAT ARE THE CPCAB REQUIREMENTS AND CRITERIA?

The guidelines set out by CPCAB can be accessed here :

https://www.cpcab.co.uk/public_docs/pc-l5_candidate_guide

CAN I APPLY FOR THIS COURSE IF I HAVEN'T DONE COUNSELLING TRAINING BUT HAVE RELEVANT WORK EXPERIENCE?

Our qualifications are awarded by the CPCAB, and the Level 5 courses are aimed at post-qualification counsellors, who have completed the Level 4 Diploma in Therapeutic Counselling or equivalent training. We cannot accept relevant work experience to meet this entry requirement.

AM I REQUIRED TO BE IN COUNSELLING FOR THIS COURSE?

You need to have had a minimum of 40 hours counselling by the end of the course, 10 hours of which needs be completed by the end of this course (i.e. previous counselling of up to 30 hours can count towards the minimum of 40 hours).

HOW IS THE COURSE ASSESSED?

You will need to build a portfolio of work, which will be assessed internally.

WHAT IS THE NEXT STEP?

1. Complete the '[Register Your Interest](#)' form and we'll send you the application form.
2. Fill in the online **application form** with your personal statement and the name & email address of your clinical supervisor.
3. We will then seek a **reference** from your clinical supervisor and arrange an **interview** with one of the course tutors.
4. If your supervisor reference is satisfactory and your interview is successful, we will offer you a place by sending you a **Training Contract**.