

## CPCAB LEVEL 3 CERTIFICATE IN COUNSELLING STUDIES (CST-L3)

### WHAT IS IT?

This course will prepare students for starting workplace experience as a trainee counsellor and help students develop an understanding of humanistic counselling theory.

### HOW MUCH WILL IT COST?

Course fees for the Academic year 2024/25 are: Tuition fee: £875 plus CPCAB registration fee (£189)

### WHERE WILL THE COURSE BE DELIVERED?

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

For the **Dorchester daytime** courses: at Inspirations, Middle Farm Way, Poundbury, Dorchester, DT1 3WA. *Please note dates and venue can be subject to alteration.*

For the **Online evening** courses: via Zoom.

### WHEN ARE THE COURSES RUNNING?

Please refer to [the website](#). We endeavour to have courses available for booking year round. Courses generally start in January or September but are sometimes postponed and delivered at other times.

### IS THERE FUNDING AVAILABLE FOR THIS COURSE?

As Redlands is an independent training provider, our courses do not meet the criteria for the Advancer Learner Loan or other funding. For this reason, our learners are self-funded. We do have an early payment discount for this course.

### HOW WILL I LEARN?

You will learn through a variety of learning activities including small and large group work, role plays, exercises and seminars. Students are encouraged to take responsibility for their learning. You will be required to complete some course work outside class time (between 2-4 hours) and need to consider this commitment before embarking on the course.

Reasonable adjustments are available to students who need them e.g. non-native English speakers or students with learning difficulties.

### 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 ENTRY REQUIREMENTS?

Students are required to have undertaken counselling skills training of 90 hours or more e.g., CPCAB Certificate in Counselling Skills (Level 2) or its equivalent. Students also need to meet the generic and specific CPCAB requirements and be aged 19 years or older.

## WHAT ARE THE GENERIC CPCAB REQUIREMENTS?

Potential trainees must possess a level of literacy and numeracy that is sufficient for the programme concerned. Applicants should be aware that the qualification is not suitable for those who are currently in a state of severe emotional difficulty and/or severe psychological confusion, and that if this entry requirement is not adhered to, he/she will normally be asked to leave the training programme and seek professional support. This includes, for example, those:

- Currently experiencing – *without* ongoing and appropriate professional support – a recent, major life crisis such as marital breakdown or a close bereavement.
- Currently experiencing moderate to severe mental health problems including, for example, clinical depression, severe anxiety disorders, eating disorders, personality disorders or any form of psychosis.
- Currently involved in substance misuse.

You need to be aware that the course involves experiential elements which will involve some personal disclosure and associated personal development activities.

Where applicable, we would also advise applicants against joining the same training group as their partner or a close member of the family.

## WHAT ARE THE SPECIFIC CPCAB GUIDELINES?

Criteria considered important in selecting applicants for a programme leading to CST-L3:

- Possess the ability to translate intra-personal experience into language.
- Able to benefit from self-development.
- Possess emotional stability.
- Evidence personal insight.
- Possess the ability to form a helping relationship,
- Awareness of difference and diversity.
- Able to cope with course content,
- Identify reasons for training beyond just personal development.
- Be motivated towards developing as a counselling practitioner.
- 1 Personal reference.
- Be aware of the time resources required to meet demands of the course.

## **WHAT ADDITIONAL COSTS NEED TO BE CONSIDERED?**

Students will need to buy the course textbook which is “Counselling Skills and Studies” by Fiona Ballantine Dykes, Barry Kopp, Traci Postings & Anthony Crouch, Published by Sage 2017,

(Also recommended for second-hand purchase is “Counselling Skills & Theory” by Margaret Hough, Published by Hodder Education, 2014, 4<sup>th</sup> Edition ISBN 978 1471806452 or “A Practical Approach to Counselling” also by Margaret Hough)

## **WHAT IS THE PROGRESSION ROUTE?**

Subject to tutor recommendation and CPCAB Guidelines, progression is to the CPCAB Level 4 Diploma in Therapeutic Counselling and thereafter to CPCAB Level 5 Diploma in Psychotherapeutic Counselling, CPCAB Level 5 Diploma in CBT Skills & Theory, CPCAB Level 5 Certificate in Counselling Young People and the Open University Foundation Degree.

## **IF I HAVE COMPLETED A LEVEL 2 COUNSELLING SKILLS COURSE VIA DISTANCE LEARNING, DO I NEED TO COMPLETE THIS COURSE, OR CAN I START DIRECTLY ON THE LEVEL 3 COUNSELLING STUDIES COURSE?**

Although your distance learning course is a useful introductory course to counselling skills, it doesn't fulfil the entry requirements for our CPCAB Level 3 Counselling Studies course. This is because the entry requirement for Level 3 is 90 hours of classroom (face to face or remote) live synchronous based counselling skills training. Distance learning courses don't meet this requirement. Unless you have any other counselling skills training qualification, the Level 2 Counselling Skills course will be your first step in training with us.

## **AM I REQUIRED TO BE IN COUNSELLING FOR THIS COURSE?**

It is not a requirement to be in counselling.

## **WHAT IS THE NEXT STEP?**

Visit our website to [express your interest](#) or email us. You will then need to complete an Application Form and return it to us. Applicants will also need to enclose an essay of between 500 and 750 words in which you describe: your reasons for wanting to do the course; how your own personal background and experiences have influenced your desire to do the course; how you meet the generic and specific CPCAB Guidelines. We will also need a personal reference if you have not trained with Redlands.

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