



Level 2
Award in
Introduction to
Counselling Skills
(ICSK-L2) 5 credits

Level 2
Certificate in
Counselling Skills
(CSK-L2) 17 credits

Level 3
Certificate in
Counselling Studies
(CST-L3) 18 credits

Who are these qualifications for?

Our Level 2 qualifications, Award in *Introduction to Counselling Skills (ICSK-L2)* and *Certificate in Counselling Skills (CSK-L2)* will benefit candidates who want to learn (basic) counselling skills to help and support others either in a voluntary or employed capacity.

These qualifications can be started without any prior training or experience: they won't teach candidates to be a counsellor but they may help them to decide whether they want to train to become one.

The next step

That's where our level 3 qualification comes in: *Certificate in Counselling Studies (CST-L3)* is designed for candidates who have successfully completed CPCAB's Level 2 *Certificate in Counselling Skills* or its equivalent and want to take the next step in training to become a counsellor. These students will probably want to take this qualification as a preparation for more in-depth training in counselling. Successful completion of CST-L3 means that they will be ready to undertake workplace experience as part of that training.

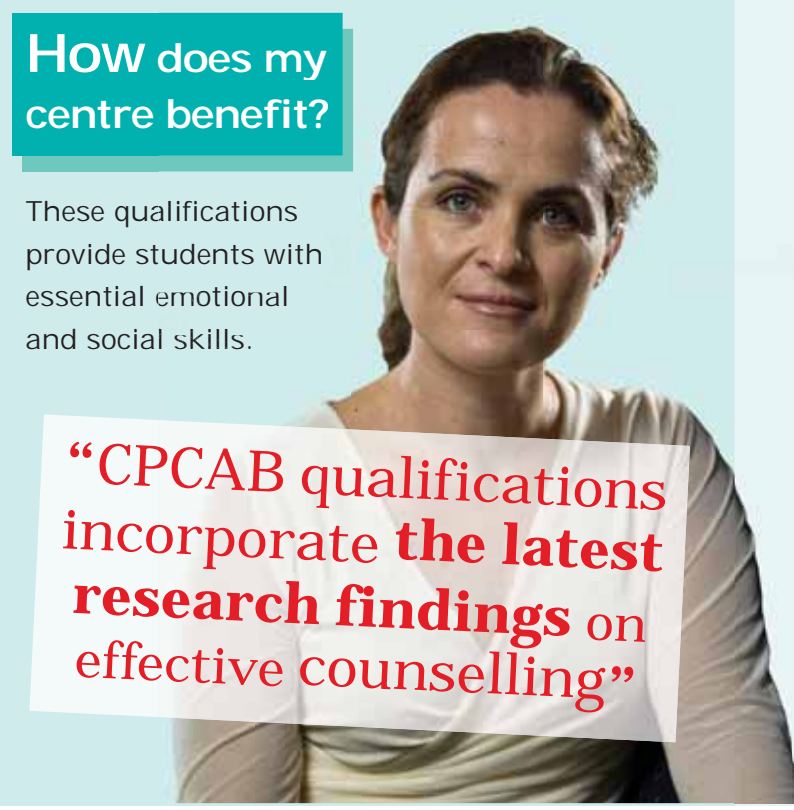
How long does it take to gain each of these qualifications?

- › *ICSK-L2* requires a minimum of 30 Guided Learning Hours (GLH)
- › *CSK-L2* requires a minimum of 90 GLH
- › *CST-L3* requires a minimum of 90 GLH.

How does my centre benefit?

These qualifications provide students with essential emotional and social skills.

“CPCAB qualifications incorporate the latest research findings on effective counselling”



The CPCAB practitioner model integrates:

- › the latest research findings on the principles of effective counselling
- › a framework for levels of counselling and psychotherapy services that fits with the latest Department of Health mental health strategy
- › a generic framework of therapeutic methods that accommodates the broad range of different theoretical approaches within the field.

CPCAB qualifications enable counsellors to:

- › provide effective services that are research-informed
- › play a central role in the promotion of mental health and well-being and contribute to the latest Department of Health 10-year strategy
- › provide modality-specific services that have been assessed against generic national standards.



How do I find out more?

To find out more about how *Award in Introduction to Counselling Skills*, *Certificate in Counselling Skills* and *Certificate in Counselling Studies* can add value to your curriculum, please visit our website at www.cpcab.co.uk or contact us on 01458 850350.

*ELSK-L2, LSK-L2, USM-L2 or ICSK-L2 as marked by the dotted line are not a mandatory requirement for any subsequent qualifications.



the only awarding body

run by counsellors

for counsellors