



**Foundation
Course
in
Counselling**

**A One-Year
Certificate Course
in
Counselling Skills
(level 2)
and
Counselling Studies
(level 3)**

**LISTENING POST
FOUNDATION COURSE
IN COUNSELLING**

**CPCAB Level 2 Certificate in
Counselling Skills (CSK – L2)**

**CPCAB Level 3 Certificate in
Counselling Studies (CST – L3)**

CPCAB: The Counselling and Psychotherapy Central Awarding Body offers a range of Vocationally-Related Qualifications (VRQs) and awards in counselling and related areas. The main qualifications are accredited into the National Qualifications Framework (NQF).

The Level 2 Certificate in Counselling Skills (CSK – L2) is for people who wish to learn skills that can help people in a voluntary or employed situation.

The Level 3 Certificate in Counselling Studies (CST – L3) begins to explore Counselling Theory in specific approaches / schools of Counselling.

These two Certificates qualify as a starting point for those wishing to become counsellors. They are a stage in the progression route leading to further training at Diploma or Foundation Degree level. Students who complete the Certificates will be able to apply to local training colleges or other providers to continue their studies.

The skills and content are also valuable in improving interpersonal communication and life skills for those who do not wish to continue into training as professional counsellors.

Listening Post

Listening Post is a Christian Counselling and Training Service. It is a Registered Charity.

Other institutions also offer the CPCAB qualifications. What makes the Listening Post course distinctive is its awareness of the concern of those with a Christian faith to relate what they are learning and practising to their faith. Listening Post trainers will facilitate this process.

In addition to the 1-year Foundation Course in Counselling, Listening Post runs an annual programme of Counselling Seminars.

As an Organisational Member of the BACP (British Association for Counselling and Psychotherapy), Listening Post is bound by the BACP's Ethical Framework for Good Practice in Counselling and Psychotherapy, and subject to the Professional Conduct Procedure therein.

FOUNDATION YEAR

180 hours training to be delivered at Listening Post, Gloucester:

Mondays 6.00pm – 9.30pm
(during school terms, with half term, Christmas, Easter & summer holidays)

Start: 5th September 2011

End: 9th July 2012

PLUS

Nine Sunday Workshops 2-8pm
(dates to be agreed)

COST: £1100

(to include CPCAB registration, tuition and materials)

**For an Application Form for the
Foundation Course**
please contact Listening Post

Tel: 01452 383820.

or e-mail:

lpostcounselling@tesco.net

**Application forms for the course
should be returned
as soon as possible.**

**Interviews will take place at 6.30pm on
Monday 22nd August at Listening Post,
Gloucester for those applying to join
the Foundation Year Course.**

WHAT DOES THE COURSE COVER?

- A three stage model of counselling skills.
- Practice of a range of relevant skills to develop an understanding of links between values and beliefs and skills practice.
- An opportunity for self-reflection and personal development.

WHAT IS REQUIRED OF YOU?

The course relies on the personal commitment of course members. Learning methods will be very varied and will include :

- Experiential work
- Sharing
- Keeping an individual learning journal
- Audio recording
- Skills practice
- Assessment
- Self reflection

WHAT OUR STUDENTS SAY!

“The course has helped me so much in my personal development”.

“I enjoyed practicing new skills in small groups and taking time to reflect”.

“I have found the interactive nature/method of teaching stimulating, challenging and absorbing”.

“Quiet times of reflection and spirituality have been very refreshing”.