



Barnabas Counselling Training

Level 2 Certificate in Counselling Skills (CSK-L2)

Provisional Course Programme

This course is usually run across one academic year comprising 12 x 7.5 hours teaching sessions, over 11 months. A typical day runs from 9.00am-5.30pm, with an hour for lunch; a total of 90 hours of guided learning hours is delivered across the programme.

This is a sample programme of the topics to be covered during the 12 sessions of the course. Individual course schedules will vary depending on the timing of the external assessment which takes place during a set week designated by CPCAB and may take place earlier than the final course session. The BCT course has been devised to ensure that each key element of the course criteria set by CPCAB is covered.

Each session after the first session will include skills practice. Tutors will make time during sessions to explain assessments and answer queries raised by students. A tutorial will be held with each student once per term.

Session 1

- Welcome and Introductions
- Course registration and introduction to course requirements
- Ethical frameworks
- Introduction to Caring, Helping and Counselling

Session 2

- The Counselling Relationship
- Confidentiality and Boundaries
- Referring On
- Contracting
- Skills practice

Session 3

- Differences and diversity
- Prejudices and stereotypes
- Problems people bring
- Introduction to Egan's Skilled Helper Model
- Skills practice
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Session 4

- Egan's Skilled Helper Model II
- Building self awareness
- Ending the helping relationship
- Skills practice

Session 5

- The use of silence
- Egan's Skilled Helper Model III
- Skills practice

Session 6

- Knowing and reflecting on our 'self'
- Introducing MBTI as a personality type indicator

Session 7

- Taped skills exercise and feedback

Session 8

- Body language
- Non-verbal communication
- Skills practice

Session 9

- Review skills for effective helping
- Models for helping
- Developing self awareness
- Skills practice

Session 10

- Taped skills assessment
- Specialist topic
- Skills practice

Session 11

- Mock CPCAB assessment and feedback
- Skills practice

Session 12

- CPCAB external assessment
- Personal Review
- Endings