

## Programme 2023-2026

### Charis Certificate in Counselling Skills (CPCAB Level 2)

- Dates: 12 September 2023 - 30 January 2024
- Times: 90 GLH - 18 x 4 hours Tuesday evening (5.30pm to 9.30pm) and 4 x 4 ½ hours on first Saturday each month: 7 Oct; 4 Nov; 2 Dec; 6 Jan (9.00am to 1.30pm).
- Venue: Online midweek and **in class** on each Saturday at FVA, Glenrothes
- Fees: £480 (plus £174 non-refundable deposit to awarding body for qualification)

### Charis Certificate in Counselling Studies (CPCAB Level 3)

- Dates: 20 February – 1 July 2024
- Times: 90 GLH - 19 x 4 hours Tuesday evening (5.30pm to 9.30pm) and 4 x 4 ½ hours on first Saturday each month: 3 March; 6 April; 4 May; 1 June (9.00am to 1.30pm)
- Venue: Online midweek and **in class** on each Saturday at FVA, Glenrothes
- Fees: £480 (plus £176 non-refundable deposit to awarding body for qualification)

### Charis Diploma in Therapeutic Counselling (CPCAB Level 4) – Year 1 and 2

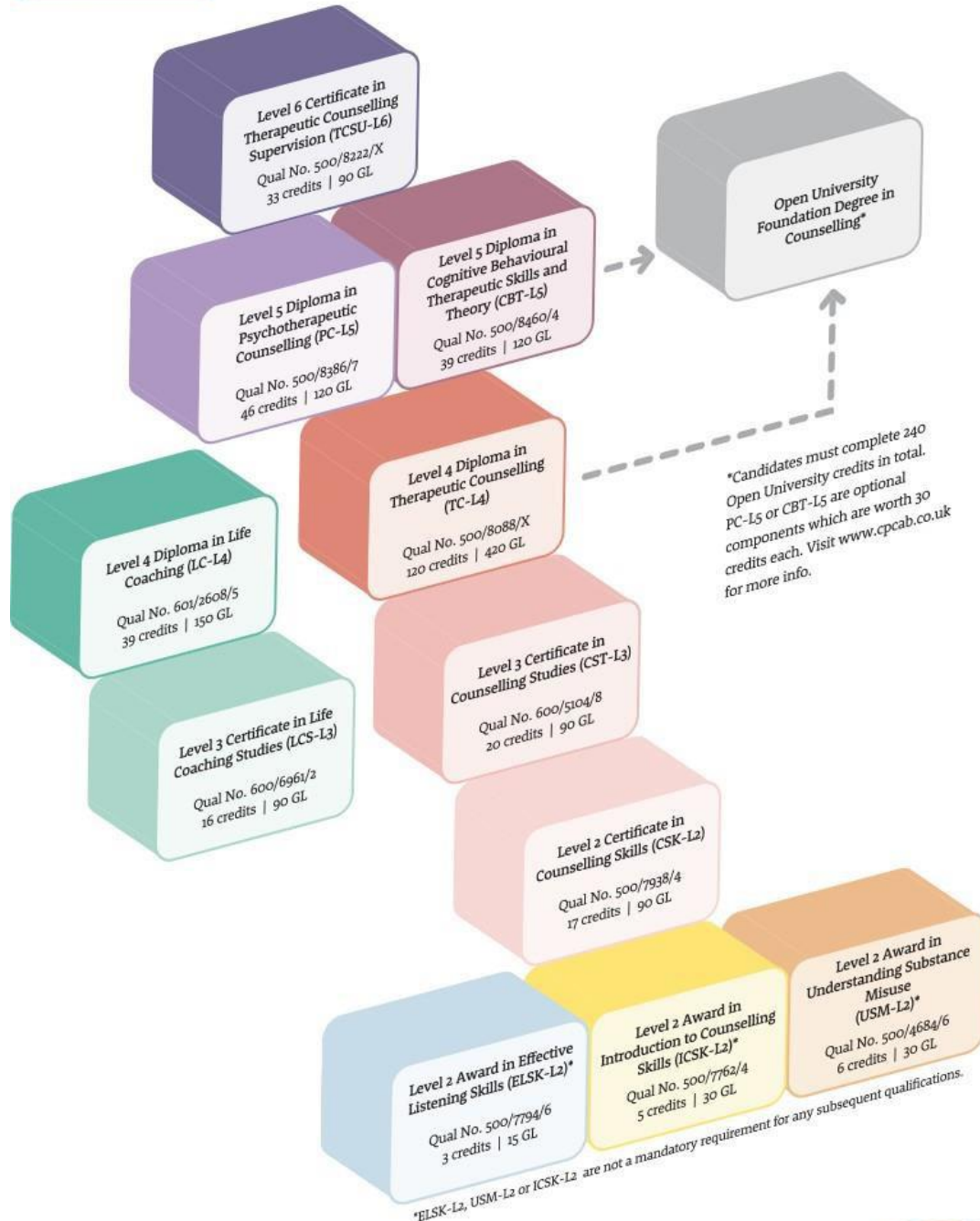
- Dates: Mid-September to end of June each year: 2024-2026
- Times: 420 GLH - 38 x 4 hours Tuesday evening (5.30pm to 9.30pm) each year 9 x 8 hours on first Saturday each month (9.00am to 6.00pm) each year.
- Venue: FVA, Glenrothes (Maximum 75% in class and 25% online)
- Fees: £1900 for each year (plus £359 each year non-refundable deposit to awarding body for qualification)

#### **This is a BACP Approved Practitioner Qualification**

Full details of the progression route can be found on Page 2 and the CPCAB Qualification summary for each course on Pages 3-6. If you require further information on the qualification status for each course, please go to [www.cpcab.co.uk](http://www.cpcab.co.uk). These details are accurate at time of printing and may be subject to minor updates from Charis or CPCAB in the next academic year.

# CPCAB Progression Route

## The Progression Route



## Charis Certificate in counselling skills (CPCAB Level 2)

### Qualification summary

|                                       |   |
|---------------------------------------|---|
| <b>Status of qualification</b>        | This RQF qualification is regulated by Ofqual in England, Qualifications Wales in Wales and CCEA in Northern Ireland<br>Qualification/learning aim number: 500/7938/4<br>Sector endorsement: Skills for Health<br>Sector subject area: 1.3 Health and Social Care   |
| <b>Purpose Statement</b>              | <p>This qualification is designed to give learners the underpinning knowledge, skills and competencies to use counselling skills ethically and safely in a variety of contexts and roles. This qualification is for:</p> <ul style="list-style-type: none"><li>➤ Those starting the first level of training as a professional counsellor</li><li>➤ Those who want to learn counselling skills in other professional or helping roles.</li><li>➤ Those who want to improve their professional and personal relationships as part of personal development</li></ul> |
| <b>Level</b>                          | 2   |
| <b>Guided Learning Hours (GLH)</b>    | 90 (minimum)  |
| <b>Total Qualification Time (TQT)</b> | 170   |
| <b>Credit value</b>                   | 17  |
| <b>Minimum age</b>                    | 18 years (This age requirement is linked to Ofqual's system for categorising qualifications)  |
| <b>Entry requirements</b>             | No previous training or experience required.  |
| <b>Assessment</b>                     | <p>Proficient (Pass)/Not Proficient (Fail)</p> <p>Candidates must be Proficient in both internal and external assessment to achieve the qualification.</p> <p><b>Internal assessment:</b> tutor assessment of candidate portfolio evidencing minimum assessment requirements and verified by CPCAB.</p> <p><b>External assessment:</b> externally assessed written paper after watching CPAB DVD under exam conditions and assessed by CPCAB.</p>   |
| <b>Progression</b>                    | Successful candidates may progress onto the Charis Certificate in counselling studies, CPCAB Level 3 (CST-3).   |

## Charis Certificate in counselling studies (CPCAB Level 3)

|                                       |   |
|---------------------------------------|---|
| <b>Status of qualification</b>        | This RQF qualification is regulated by Ofqual in England, Qualifications Wales in Wales and CCEA in Northern Ireland<br>Qualification/learning aim number: 600/5104/8<br>Sector endorsement: Skills for Health<br>Sector subject area: 1.3 Health and Social Care   |
| <b>Purpose Statement</b>              | This qualification is intended for candidates who have already acquired a recognised qualification in counselling skills and want to: <ul style="list-style-type: none"><li>➤ Take the next step in training to become a counsellor</li><li>➤ Learn more about counselling theory, ethics and mental health</li><li>➤ Be prepared for work as a professional counsellor in an agency setting</li></ul>                                      |
| <b>Level</b>                          | 3   |
| <b>Guided Learning House (GLH)</b>    | 90  |
| <b>Total Qualification Time (TQT)</b> | 196   |
| <b>Credit value</b>                   | 20  |
| <b>Minimum age</b>                    | 19 years (linked to Ofqual’s system for categorising qualifications)  |
| <b>Entry requirements</b>             | CPCAB Level 2 Certificate in counselling skills (CSK-L2) or the Recognised Prior Learning (RPL) equivalent of at least 75 GLH.  |
| <b>Assessment</b>                     | Proficient (Pass)/Not Proficient (Fail)<br><br>Candidates must be Proficient in both internal and external assessment to achieve the qualification.<br><br><b>Internal assessment:</b> tutor assessment of candidate portfolio evidencing minimum assessment requirements and verified by CPCAB.<br><br><b>External assessment:</b> externally assessed written paper after watching CPCAB DVD under exam conditions and assessed by CPCAB. |
| <b>Progression</b>                    | Level 2 Certificate in counselling skills (CSK-L2) and CPCAB Level 3 Certificate in counselling studies (CST-L3) – or their RPL equivalent – may progress to Charis Diploma in therapeutic counselling, CPCAB Level 4 (TC-L4).  |

## Charis Diploma in Therapeutic Counselling (CPCAB Level 4)

### Qualification Summary

|  |   |
|--|---|
| <b>Status of qualification</b>               | This RQF qualification is regulated by Ofqual in England, Qualifications Wales in Wales and CCEA in Northern Ireland<br>Qualification/learning aim number: 500/8088/X<br>Sector endorsement: Skills for Health<br>Sector subject area: 1.3 Health and Social Care   |
| <b>Purpose Statement</b>                     | This two-year part-time qualification gives learners the knowledge, skills and competencies to work as a therapeutic counsellor in an agency context in both health care and non-medical settings.  |
| <b>Level</b>                                 | 4   |
| <b>Guided Learning Hours (GLH)</b>           | 420   |
| <b>Total Qualification Time (TQT)</b>        | 1204  |
| <b>Credit Value</b>                          | 120   |
| <b>Minimum age</b>                           | 19 years (This age requirement is linked to Ofqual's system for categorising qualifications.)   |
| <b>Entry requirements</b>                    | CPCAB Level 2 Certificate in counselling skills (CSK-L2) and CPCAB Level 3 Certificate in counselling studies (CST-L3), or their Recognised Prior Learning (RPL) equivalent.  |
| <b>Assessment</b>                            | Proficient (Pass)/Not Proficient (Fail)<br>Candidates must be Proficient in both internal and external assessment to achieve the qualification.<br><br><b>Internal assessment:</b> tutor assessment of candidate portfolio evidencing minimum assessment requirements and verified by CPCAB.<br><br><b>External assessment:</b> externally assessed audio recording of counselling session with a peer, plus an associated written paper taken under exam conditions and assessed by CPCAB. |
| <b>Additional Qualification Requirements</b> | <b>Personal counselling</b> – a minimum of 10 hours face-to-face personal therapy during the course, consistent with the counselling model/s being offered – in practice this is usually more than 10 hours.<br><br><b>Client work</b> – a minimum of 100 hours <b>formally-contracted</b> counselling (one-to-one) with at least 5 different clients in an agency  |

setting. Cancellations and non-attends do not count towards this total.

**Supervision** – candidates require clinical supervision for their agency client work. In addition, candidates require 30-50 hours of Group Training Supervision (GTS) as part of the course.

**This is a BACP Approved Practitioner Qualification**

**Progression**

Successful candidates may progress onto CPCAB:

Level 5 Diploma in Psychotherapeutic Counselling (PC-L5)

Level 5 Diploma in Cognitive Behavioural Therapeutic Skills and Theory (CBT-L5)

Level 6 Diploma in Therapeutic Counselling Supervision (TCSU-L6)

Open University Foundation Degree in Counselling