

Information sheet for Certificate in Introduction to Counselling Skills (ICSKL2)

**What is the course about?**

This course is about the skills counsellors use and how you can use them in your working/ daily life to provide other people with a safe, encouraging listening space. We touch upon all the basic skills you would need.

It won’t qualify you as a counsellor but it will give you a good idea about what counselling work involves and help you to decide if you want to go ahead and do the full training. On the course, you will learn:

Listening skills Blocks to listening

Limits of your ability as helpers Boundaries & confidentiality

Physical environment Responding skills

Questions Feedback

Core conditions Working with difference

Self-review and action planning Endings

**What are the course dates?**

The course is one day a week, teaching on a Tuesday evening from 10/01/2023 til 28/03/2023 with a half – term break in the middle of the course.

**Where does the course happen?**

We meet every Tuesday at 18:30 till 21:30 on Zoom. It is a CPCAB requirement that you must be residing within the UK to be accepted onto this course.

**How do I apply?**

You need to fill in a short application form and send it back to us, if we have any questions, we’ll will get in touch as soon as possible. You will hear back from us about your place, within 7 working days.

If we are offering you a place, you will need to make a deposit of 20% of the course fee\* which is £50 to secure the place. Or you can pay in full at this point.

**How much is it?**

The cost of the course is £250, this includes a registration fee of £54 to CPCAB.

**Can I get a discount or reduced fee?**

NWLCT is an independent training provider and does not have the benefit of any government subsidy or student loans for course fees. Due to the impact of Covid19 and the cost of living crisis we are unable to offer any bursaries or reduced fees.

**Can I pay monthly?**

Yes!

Once you have paid your deposit, we will send you a monthly invoice on the 1st for £67 each month of your 3-month course. If you would like to pay for the course upfront, please let our admin team know and they will send an invoice for the whole course fee.

**How do I pay?**

We take payments by bank transfer. Please email our admin team on [admin@nwlct.london](mailto:admin@nwlct.london) if you require more information on this.

**Are there specific requirements for joining?**

You don’t have to have done any prior counselling courses, you do need level 2 English written and spoken skills. If you haven’t been in formal learning for a while, don’t worry, the tutors will support you as you ease back into a classroom environment.

**How am I going to be assessed?**

You will be assessed via a portfolio of evidence that you will gather. It is a bit like a portfolio of work that an artist would compile, showing what they can do. Your folder will include;

8 Learning logs

4 Feedback sheets from peers on your skills practice

1 Feedback sheet from your tutor on your skills practice

1 Review of self – how do you think you are doing?

1 Assignment

**How do I find out if I can get some support for my learning?**

When we receive your application form, one of our tutors will review it and let us know if you are accepted onto the course. If you have marked down that you might need extra support, that tutor will get in contact with you to talk through what we can do to help your learning.

**When I've finished, what course can I do next?**

You can take the Certificate in Counselling Skills Level 2 (CSKL2) this course gives you in-depth knowledge of the skills and boundaries relating to counselling and how to implement these in helping work. It will give you a good idea of whether you want to continue with training as a counsellor.

**Any other questions?**

We understand that the counselling training landscape is complicated and often presents a significant barrier to entry for potential students. All of our tutors are qualified and accredited counsellors who have previously completed the CPCAB training program. One of our aims at NWLCT is to help those entering the field to understand the demands and pathway through their training – to assist with this we offer all students a phone call with one of our tutors so they can discuss your specific situation and needs. If you wish to book in a phone call then please send an email to [admin@nwlct.london](mailto:admin@nwlct.london) and Kirsten will be able to assist you.

More details about us and our courses can be found on our website: [www.nwlct.london](http://www.nwlct.london).

\*Non-refundable deposit to cover administration fees and awarding body registration in instance of non-continuation.

Dates:

Tuesday

10/01/2023 17/01/2023 24/01/2023 31/01/2023 07/02/2023

28/02/2023 07/03/2023 14/03/2023 21/03/2023 28/03/2023

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