

# CPCAB Level 2 Certificate in Counselling Skills



THE  
GUERNSEY  
INSTITUTE

# CPCAB Level 2 Certificate in Counselling Skills

## Introduction

The Level 2 Course in Counselling Skills is a nationally regulated qualification awarded by the Counselling and Psychotherapy Awarding Body (CPCAB).

Students will develop their active listening and responding skills to enable them to provide appropriate and effective support. Combining practical counselling skills training, theoretical study, and self-awareness and personal development work, students will gain insight into what makes counselling different to other types of helping relationships and will deepen their own self-awareness and personal insights.

## Course overview

This qualification is for:

- Those starting the first level of training as a professional counsellor
- Those who want to learn counselling skills in other professional or helping roles
- Those who want to improve their professional and personal relationships as part of personal development

Topics covered will include:

- Using counselling skills, ethically and safely
- Establishing and sustaining the boundaries of the helping role
- Working empathetically as a helper
- Focusing on the helpee's needs and concerns
- Using self-awareness in helping work
- Using a range of counselling skills to facilitate the helping interaction
- Using feedback and reflection to enhance counselling skills

## Course overview cont...

What the course involves:

- Attending the training session each month: minimum of 80% attendance required
- Maintaining a reflective journal of progress and self-awareness
- Attending tutorials with a personal tutor
- Reading the books from the required reading list
- Completion of a portfolio of work including a written assignment
- Triad skills practise sessions
- Group work and reflective exercises
- Being assessed as proficient internally, and in the CPCAB external examination

## Course duration

This course will be delivered on 12 Saturdays once a month 9.30am - 4.30pm on the following dates:

11 January 2025  
8 February 2025  
8 March 2025  
5 April 2025  
3 May 2025  
14 June 2025  
12 July 2025  
23 August 2025  
20 September 2025  
18 October 2025  
15 November 2025  
13 December 2025

The course will also require an additional time commitment for study, reading, research and written work.

## Campus

Coutanchez



## Entry requirements

Applicants must be over 18 and although there is no specific training or experience required for entry, applicants need to be emotionally ready. Personal disclosure and exploration involved during the course means it is not suitable for those who are currently in a state of severe emotional difficulty and/or psychological distress.

Applicants must also:

- Possess a good standard of written English
- Be willing to grow in self awareness
- Complete the full application form
- Attend an interview

## Your tutors



### Karla Rumens

Karla became interested in counselling in 2001, beginning an impressive journey culminating in the Level 5 Diploma in Integrative/ Humanistic Counselling and setting up her own practice. She has continued to add to her portfolio with specialist training in bereavement, critical incident management and survivors of trauma related experience to name but a few. As well as being a highly respected counsellor, Karla is a qualified supervisor, who supports other counsellors (individuals and groups) as well as students still undertaking counselling training and has volunteered at The Guernsey Bereavement Service for many years. Karla is looking forward to working with Jana and combining both their skillsets for this course.



### Jana Noyon

Jana is an experienced teaching professional who has taught across a spectrum of ages. With a career spanning over 20 years teaching full time students, Jana has also branched out into part time courses in Adult Education & Training and Independent Advocacy. She is excited about the next chapter, co-tutoring the Level 2 Counselling Skills where she can combine her experience in the classroom with her knowledge and experience from recently completing the CPCAB accredited Level 2 Award in Introduction to Counselling Skills and the Level 3 Certificate in Counselling Studies. She and Karla aim to create a positive learning environment that is both informative and interactive.





To register or for further information, please contact Julie Jones  
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## College of Further Education

Principal Louise Misselke RGN, BSc, MSc, Cert Ed.

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*NB: Course information correct at time of print.*

*Courses offered may be subject to change and will run subject to minimum numbers.*

*May 2024*

