



Counselling - Level 5 Diploma in Cognitive Behavioural Therapeutic Skills and Theory

Inspiring Lives, Discovering Futures

The Course

In brief...

This qualification is for students who want to develop CBT skills and theory as an integral part of their counselling work and offers 120 hours of guided learning.

For the next course please email us for more details.

What the Course Leads to

What courses can I do after this?

Foundation degree (OU)

What do I need to apply

To do this course you should have...

TC-Level 4 or equivalent prior qualification

Currently working 1-2-1 with clients

You must be at least 19 years of age and you will be asked to provide:-

- A student profile
- Portfolio from Level 4
- References from counselling agency / organisation, evidence of supervision and personal therapy
- Evidence of academic ability and experience to work at Level 5

You will also be required to attend an interview with course tutors

***CPCAB Guidelines mean the following will be taken into account:**

The College take the health, safety and well being of students very seriously. If you have recently experienced a significant life event (e.g. bereavement, divorce, arrest, court proceedings, etc.), are currently suffering or recovering from a serious medical condition, are being treated for mental health problems or if you are in recovery from addiction and are less than two years clean and dry you must discuss this with the tutors before applying for the course. Failure to do so would be a breach of integrity and could prevent successful completion of the course.

Where applicable, we do not allow applicants to join the same training group as their partner.

Applicants must have a suitable level of literacy in English and a literacy test may form part of the interview process.

For more information about the course please select/click 'I need more help choosing my course' and send us your contact details and your question and we will call / email you.

Course costs

Key Information

Duration

24 Weeks

Attendance

Part-time

Level

Level 5

Qualification Name

Level 5 Diploma

Awarding Body

Counselling & Psychotherapy
Central Awarding Body

Curriculum Area

Applied Science, Care and
Foundation Studies - Science,
Access and Counselling

Course Code	Start Date	Costs 16-18	Costs 19-23 (with concessions)	Costs 19+ (no concessions)
HAN4PZ0017	18/09/2021	N/A	£1350.00	£1350.00

* Please note fees are subject to change.

Course Content

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On this course you will learn to:

- Practise and develop CBT skills and theory
- Integrate CBT skills and theory into client work
- To apply and use:-

Behavioural experiments

Case formulation / conceptualisation

Socratic dialogue

Behaviour change techniques

Mood and thought monitoring

Mindfulness techniques etc

Full details of course content are available from course tutors

Next Steps ...

Email: enquiries@thecollege.co.uk

Telephone: 01202 205205

Web: www.thecollege.co.uk

Live chat available on the website

