

CPCAB Level 4 Diploma in Therapeutic Counselling

for Counselling Adults, Children & Young People



Dates

The course will run over 2 academic years, weekly on a Tuesday, starting on:

**Tuesday
9 September 2025
(term-time only)**

Year 1 ends June 2026

Overall purpose and aim of training

This course is NCPS accredited and unique in that when completing your Level 4 Diploma you will no longer need to do additional training if you are drawn to working with children and young people (CYP).

The course is an integrative course focusing primarily on a Person Centred approach, but also integrating a proactive model alongside Acceptance and Commitment Therapy (ACT), Cognitive Behaviours Therapy (CBT) and Solution Focused Therapy (SFT).

At Talk Well we are increasingly aware of the complex mental health issues that children and young people are presenting with, and acknowledge that the severity of these issues has vastly increased over the last few years. In order to meet these requirements, we believe it is vital that counsellors are trained in a way that enables them to confidently meet the complex needs of both adults and young people.



Venue

Talk Well,
Eastgate House,
121-131 Eastgate Street,
Gloucester GL1 1PX

**The course is delivered by
Talk Well tutors with many
years experience working as
counsellors with both adults
and CYP.**

Head of Training

Sue Cook - MBACP, MSc in
Counselling Psychology and a
Post Graduate Diploma in
Enhanced Evidence Based
Practice for Working with
Children and Young People with
Depression and Anxiety

In partnership with

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“Very thankful for the way tutors plan and deliver the course – so organised and safe”

“Variety of teaching techniques to suit different learning styles”



Qualification structure

Seven mandatory units

- 1** Working ethically, safely and professionally as a counsellor
- 2** Working within a counselling relationship
- 3** Working with client diversity in counselling work
- 4** Working within a user-centred approach to counselling
- 5** Working with self-awareness in the counselling process
- 6** Working within a coherent framework of counselling theory and skills
- 7** Working self-reflectively as a counsellor

During your time with us we aim to support and nurture you to be the best counsellor you can be. Our training room is designed to feel warm and comfortable, creating conditions in which we hope you feel able to grow and feel safe, exploring new thoughts and ideas.

Within this course you will undertake a variety of skills practices and assessments, personal development groups and group supervision.

We hope you will embrace your time on the course and encourage you to make the most of all the opportunities you get for self-development, growth, connection and also have fun.

Course overview

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.

- Guided Learning Hours 420 hours (minimum)
- Total Qualification Time 1,204 hours
- Credit Value 120
- Minimum Age 19 years

Successful completion of this course means you will be able to provide a therapeutic counselling service, initially within the context of an agency's service framework, but later (with experience and support from your supervisor, or by completing PC-L5 or its equivalent) may progress to independent practice.



“This course has changed my life for the absolute better. My self awareness is my favourite part. The support I have received from the tutors is like nothing I have ever received”



Course cost

£7,700

Special offer: if you want to do your placement at Talk Well and you are prepared to do an additional 80 placement hours (making a total of 180 hours) we can provide the course at £3,850.

Applications

Complete the online application form on our website www.talkwell.org.uk/training and email to training@talkwell.org.uk

For further details or queries contact Sue Cook or Tracey Hannis on 07508 271908 or email training@talkwell.org.uk

talkwell

Call: 01594 372777

Email: training@talkwell.org.uk

Website: www.talkwell.org.uk

Entry requirements

To apply you must have obtained both a Level 2 Certificate in Counselling Skills and a Level 3 Certificate in Counselling Studies, or their equivalent.

All applicants will need to attend an interview, which will be held on 7th, 9th and 14th May 2025.

You will need the following to undertake a placement with Talk Well:

- Two references (one must be from your Level 3 tutor).
- An enhanced children young people and vulnerable adult DBS check. This can be arranged by Talk Well if not already in place.

Additional qualification requirements

You will need to commit to:

- Personal counselling - a minimum of 30 hours of personal therapy during the course.
- Client work - a minimum of 100 hours supervised placement with at least five different clients.
- Clinical Supervision - students require clinical supervision for their agency client work.
- Weekend Residential - students are required to attend from 14:00 on Friday 15th May 2026 until 12:00 on Sunday 17th May 2026 (including two overnight stays and all meals).

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