

# CPCAB Level 5 Certificate in Counselling Children and Young People



## Dates

**The course will run over 7 weekends on the following dates:**

**10/11 January 2026  
07/08 February 2026  
07/08 March 2026  
18/19 April 2026  
09/10 May 2026  
06/07 June 2026  
04/05 July 2026**

## Overall purpose and aim of training

- To prepare already qualified counsellors to work therapeutically with children and young people.
- To adhere to the BACP Humanistic Competences framework for counselling Children and Young People.

At Lets Talk Well (previously TIC+) 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 young people.

We have been offering our counselling services to children and young people for more than 30 years. Our training has grown out of our passion that all children are able to get access to appropriate counselling, not just those who live in Gloucestershire. We have a live impact dashboard on our website and we can tailor our training in line with the issues that our young clients are bringing.

We hope you will embrace your time on the course and encourage you to learn from the tutors and each other, as well as grow and have fun.

## Delivery:

100% online  
via GOOGLE Workspace

In partnership with

**cpcab**

***“The CYP course has been practical, useful, stretching, funny, insightful and I have learnt much to inform my practice.”***



**The course is delivered by Lets 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

## **Programme Lead**

**Sarah Phillips** - MBACP, MSc in Psychology, Foundation Degree in Integrative Therapeutic Counselling and Certified Cyber Therapist Programme Lead

## **Structure**

The course follows the BACP Curriculum for Working with Children & Young People and consists of:

- 77 hours (14 days) of taught modules
- 50 hours of supervised placements working therapeutically with young people (11-18 years), plus independent learning

Each taught day will be made up of a mixture of theory, experience and reflection encouraging thorough engagement with the material. Use of peer support groups as part of the learning process will be included.

## **Assessment**

Assessment requirements include:

- 3 x reflective journals (1000 words per journal) One essay (3000 words)
- A case study (3000 words)

- Explore and define the skills and knowledge participants already have.
- Contextualise therapeutic work with young people in the UK.
- Examine developmental theories and current neuroscience research, particularly research on the 'teenage brain'.
- Equip therapists with the therapeutic skills needed to work with young people.
- Educate therapists in regard to the legal position and the specific ethical considerations of working with young people.
- Identify approaches to contracting, confidentiality and assessment.
- Develop a toolkit of creative and cognitive strategies specifically aimed at this age group.
- Encourage a proactive humanistic integrative approach towards their work with young people.
- Integrate counsellors' initial therapeutic model with skills of young people counselling.
- Work with and develop skills and competency in work with a range of client presentations.



*“As a supervisor, I have supported the work of several counsellors whilst they have studied on the Talk Well children and young people’s course. It has been fantastic to watch them develop as counsellors, learn new skills and gain a deeper understanding of the lived experience of the young people they work with. I would thoroughly recommend this course to anyone wanting to further their understanding of YP counselling.”*



## Entry requirements

To apply you require a counselling qualification at diploma level or above and must be a registered member of an appropriate professional body, eg. BACP, NCPS etc.

All applicants are required to attend an online interview.

If you would like to do a placement with Lets Talk Well you must be based in Gloucestershire and will need the following:

1. Two references (one must be from your counselling employer or clinical supervisor)
2. An enhanced children young people and vulnerable adult DBS check. This can be arranged by Talk Well if not already in place
3. Attend a 2-3 day induction.

## Further requirements

- 50 hours supervised counselling placement with young people aged 11-18. If you live outside Gloucestershire you will be required to provide your own placement. This can be in a school, agency setting or private practice. Your Clinical Supervisor will need to be approved. They must have experience and qualifications in counselling CYP and/or supervising counsellors working with CYP.
- 100% attendance is desirable and only in exceptional circumstances should you miss a seminar, as missing a day/seminar means you miss out on essential learning.

## Course cost £2,500

Special offer: if you want to do your placement at Lets Talk Well and you are prepared to do an additional 50 placement hours (making a total of 100 hours) we can provide the course at £1,250.

## Applications

Complete the online application form on our website  
[www.letstalkwell.org.uk/training](http://www.letstalkwell.org.uk/training)  
and email to  
[training@letstalkwell.org.uk](mailto:training@letstalkwell.org.uk)

For further details or queries contact Sue Cook or Tracey Hannis on 07508 271908 or email [training@letstalkwell.org.uk](mailto:training@letstalkwell.org.uk)



Call: 01594 372777

Email: [training@letstalkwell.org.uk](mailto:training@letstalkwell.org.uk)

Website: [www.letstalkwell.org.uk](http://www.letstalkwell.org.uk)

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