

CPCAB Level 3 Certificate in Counselling Studies



Overall purpose and aim of training

- For students who have already acquired Level 2 Counselling Skills and want to take the next step in training to become a counsellor
- Leads to a nationally regulated qualification awarded by the Counselling and Psychotherapy Awarding Body (CPCAB)

During your time with us we aim to nurture you to build your confidence and be the best you can be. Our training room is designed to feel warm and comfortable, creating conditions in which you feel you are 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 learn from the tutors and each other, as well as grow and have fun.



Dates

The course will run on
Wednesdays for
16 weeks from 2:00pm to
8:00pm.

28 January 2026

4, 11, 25 February 2026

4, 11, 18, 25 March 2026

15, 22, 29 April 2026

6, 13, 20 May 2026

3, 10 June 2026

Venue

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

In partnership with

cpcab

“I have really loved this experience. It’s been informative, joyful, fascinating and engaging. I think the lecturers have been excellent”



The course is delivered by Talk Well tutors with many years’ experience working as counsellors.

Qualification structure

Seven mandatory units

- 1** Prepare to work within an ethical framework for counselling
- 2** Understand the counselling relationship
- 3** Understand difference and diversity issues to develop empathetic understanding
- 4** Work within a user-centred approach to counselling
- 5** Use counselling theory to develop self-awareness in counselling practice
- 6** Understand theories of counselling and mental health understanding
- 7** Use feedback, reflection and supervision to support counselling studies

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

This 16 week, part-time, qualification is intended for learners who have already acquired a recognised qualification in counselling skills and want to take the next step in training to become a counsellor.

- 90 hours guided learning
- 106 hours self-directed learning (includes written assignment, reading, listening to podcasts etc)

Minimum age 19 years

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“This course has opened up a new understanding of myself and I feel so different, more confident and more empowered. I never dreamed that a course to teach me how to be a counsellor could teach me so much about myself”



Course cost
£1,529

Applications

Complete the online application form on our website
www.letstalkwell.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@letstalkwell.org.uk

“This course has developed me as a person as well as a counsellor in training. I’ve enjoyed learning the theory and practising applying it in skills practice”



Call: 01594 372777

Email: training@letstalkwell.org.uk

Website: www.letstalkwell.org.uk

Entry requirements

CPCAB Level 2 Certificate in Counselling Skills (CSK-L2) or the Recognised Prior Learning (RPL) equivalent of at least 75 GLH.

This qualification is not suitable for those who are currently in a state of severe emotional difficulty and/or severe psychological distress. Students need to be aware that the course involves experiential elements that will involve some personal disclosure and associated personal developmental activities.

- Ability to translate intra-personal experience into language
- Able to benefit from self-development
- Emotional stability
- Evidence personal insight
- Ability to form a counselling relationship
- Awareness of difference and diversity
- Able to cope with course content
- Identify reasons for training beyond just personal development
- Be motivated towards developing as a counselling practitioner
- Attend an interview

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