



# Foundation Course in Counselling

**One Year Certificate Course  
in  
Counselling Skills  
(level 2)  
and  
Counselling Studies  
(level 3)**

**Sept. 2017 — July 2018**

Listening Post Christian Counselling Service Ltd

Reg. Charity No 1013442  
Ltd Company No. 2619615

## **LISTENING POST FOUNDATION COURSE IN COUNSELLING**

**CPCAB Level 2 Certificate in  
Counselling Skills (CSK – L2)**

**CPCAB Level 3 Certificate in  
Counselling Studies (CST – L3)**

**The Level 2 Certificate in Counselling Skills** (CSK – L2) is for people who wish to learn skills that can help people in a voluntary or employed situation.

**The Level 3 Certificate in Counselling Studies** (CST – L3) begins to explore Counselling Theory as understood by different schools of counselling.

These two certificates qualify as a starting point for those wishing to become counsellors. They are a stage in the progression route leading to further training at Diploma or Foundation Degree level. Students who complete the certificates will be able to apply to local training colleges or other providers to continue their studies.

The skills and content are also valuable in improving interpersonal communication and life skills for those who do not wish to continue into training as professional counsellors.

**CPCAB:** The Counselling and Psychotherapy Central Awarding Body offers a range of Vocationally-Related Qualifications (VRQs) and awards in counselling and related areas. The main qualifications are accredited into the National Qualifications Framework (NQF).

## **Listening Post**

Listening Post is a registered charity, Christian in foundation, that offers professional counselling and counselling trainings.

Whilst Listening Post is a Christian charity it is non proselytising, what makes the course distinctive is its recognition of a spiritual dimension to human psychological development, and this is incorporated into the learning experience.

In addition to the 1-year Foundation Course in Counselling, Listening Post also offers a Diploma in Therapeutic Counselling as well as an annual programme of Counselling Seminars.

As an Organisational Member of the BACP (British Association for Counselling and Psychotherapy), Listening Post is bound by the BACP's Ethical Framework for Counselling Profession.

## FOUNDATION YEAR

180 hours training to be delivered in Gloucester.

**Thursdays 6.00pm – 9.30pm**

(during school terms, with half term, Christmas, Easter & summer holidays)

**Start:** 7th September 2017

**End:** July 2018

**Venue:** Wainbridge House,  
Shepherd Road,  
Gloucester, GL2 5EL

PLUS

**Nine Sunday Workshops,  
10:00am - 4:00pm**

**COST:** £1,499

(to include CPCAB registration, tuition and materials)

**For an application form for the  
Foundation Course**  
please contact Listening Post

Tel: 01452 383820.

or e-mail:

[lpostcounselling@listeningpost.org.uk](mailto:lpostcounselling@listeningpost.org.uk)

**Application forms for the course  
should be returned  
as soon as possible.**

## WHAT DOES THE COURSE COVER?

- A three stage model of counselling skills.
- Practice of a range of relevant skills to develop an understanding of links between values and beliefs and skills practice.
- An opportunity for self-reflection and personal development.

## WHAT IS REQUIRED OF YOU?

The course relies on the personal commitment of course members. Learning methods will be very varied and will include :

- Experiential work
- Sharing
- Keeping an individual learning journal
- Audio recording
- Skills practice
- Assessment
- Self reflection

## WHAT OUR STUDENTS SAY

*“The course has helped me so much in my personal development”*

*“I enjoyed practicing new skills in small groups and taking time to reflect”*

*“I have found the interactive nature/method of teaching stimulating, challenging and absorbing”*

*“Quiet times of reflection and spirituality have been very refreshing”*

*“I have thoroughly enjoyed the course so far. The practical nature of level 2 has enabled me to incorporate effective listening skills in my work and relationships. The tutors are excellent, creating a safe, nurturing environment which is both stimulating and challenging. I feel fully engaged by the course; it has facilitated a very satisfying journey of personal growth and academic discovery”*