



# ABC Level 2 Award in Counselling Concepts

## Frequently Asked Questions

### What academic standard is Level 2?

- It is equivalent to a GCSE qualification.

### How long is the course?

- This is a 30-hour introductory course in counselling. It is delivered in two formats:
  - 10 evenings in 10 consecutive weeks – each evening is from 6 – 9pm (3 hours training)
  - 5 days in five consecutive weeks – each day is from 9.30 – 4.30pm (6 hours training)

### What is covered in this course?

This course is made up of 3 units:

- Unit 1 – the Professional Context of Counselling which includes counselling concepts and three most commonly applied counselling approaches: Psychodynamic, Person-centred and Cognitive Behavioural Therapy (CBT).
- Unit 2 – Communication Skills in Helping Relationships: six basic counselling skills are introduced, and students are supported to apply the skills competently in small group practice sessions.
- Unit 3 – Personal Development: students are supported to reflect on their learning of theory, practice and of themselves in each of the five journal entries.

### How are students assessed?

- Written assessment:
  - There is NO exam and students are assessed through their written work.
  - Students are to complete homework by answering specific questions set in the Handbook after each training session.
  - Students are to write five reflective journals to show personal development.
  - All written work is marked and internally moderated. Some work is subject to ABC External Verification.
- Skills practice:
  - Students are continually assessed in the 6 listening skills practice sessions.
- Attendance:
  - Students are required to attend a minimum of 80% of the course to pass.

### What do I need for the course?

- Students will need access to a computer and be competent in word processing to complete written work. Also, there are course learning materials to download from the Sherwood e-Learning Site called Moodle.
- All written work should be typed and stored on a computer or on a memory stick.
- There is no obligation to purchase any textbooks though further learning through reading is encouraged.

### How much study/homework time is required per week?

- This entirely depends on individual's learning style and capacity. On average,
  - for the 10-week course, students will require to set aside 3-4 study hours per week.
  - for the 5-week fast-track course, students will require to set aside 6-8 study hours per week.

### How much is the course fee?

- The course fee is £350 for 2018-19

### How many places are there on the course?

- There are 15 places available per intake.



### Who can apply?

- Anyone who is interested in learning fundamental counselling concepts or would like to improve on their listening skills are welcome to apply.
- There is NO requirement of previous academic qualification or work experience in this field.
- This is an open access course, and you are expected to take responsibility for your own learning.

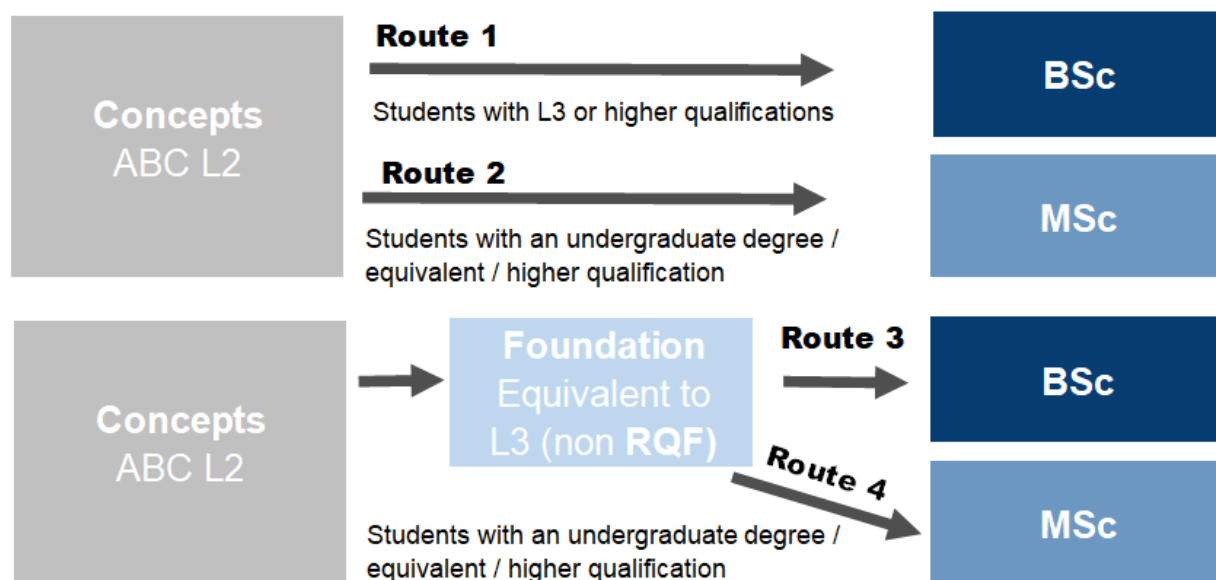
### How to apply?

- Complete the application form which can be downloaded from the SPTI website [www.spti.net](http://www.spti.net).
- Submit the application form together with ONE reference to support your application.
- Once your application is approved, please pay the course fee to secure your place on the course.
- Offers are made in a first come first serve basis.

### How to progress after this course?

Many students who complete the programme go on to access further training in counselling and psychotherapy. The following routes are available at SPTI which offers a range of courses enabling students to progress from introductory through to BSc or MSc accredited professional counselling and psychotherapy training.

## Progression Routes



Further details of SPTI counselling and psychotherapy programmes and entry requirements can be found on the SPTI website: <http://www.spti.net/courses/courseoverview.shtml>

Or contact us via:

<http://www.spti.net/institute/contactus.shtml>

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