



Welcome to the Counselling & Psychotherapy Training Academy

CPTA is a specialist counselling training centre approved by the Counselling & Psychotherapy Central Awarding Body to deliver counselling courses at training venues in London, Sussex, Kent, Surrey, Middlesex, Berkshire and Oxford. We are now established as one of the largest providers of counselling training in the country and we are continuing to grow and develop our provision in new regions.

We provide an accessible and affordable career pathway into counselling and related professions.

We have a team of experienced tutors who are established counselling practitioners with a background in training, group facilitation and providing supervision.

Our tutor team are committed to make your experience on these courses enjoyable, suitably challenging, rich and rewarding.

Professional Accredited Counselling Courses

We offer a wide range of nationally accredited counselling courses, awarded by the Counselling & Psychotherapy Central Awarding Body (CPCAB), enabling progression from Level 2 in Counselling Skills; Level 3 Counselling Studies; through to professional qualifications at Level 4 Diploma in Therapeutic Counselling; Level 5 Diploma in Psychotherapeutic Counselling; Level 5 Diploma Cognitive Behavioural Therapy; and Level 6 Counselling Supervision.

All courses are approved by Ofqual & the Regulated Qualifications Framework RQF

CPTA actively promotes the principles of the BACP Ethical Framework as an integral part of their counselling and training courses.

Counselling & Psychotherapy Training Academy



Qualifications that change lives



CPTA is an approved CPCAB centre

CPTA, The Goodstart Office, SCC, 121 Ninfield Road, Bexhill, East Sussex, TN39 5BD

www.cpta.org.uk 01424 211079

Counselling & Psychotherapy Training Academy

Training venue locations and courses available:

Region	Courses	Location	Map
Islington London	Levels 2 to 6	1) CPTA Angel, 3 rd Floor, 360 City Road, Islington, London, EC1V 2PY	Map
	Level 2 & 3	2) CPTA Islington, Manor Gardens Centre, 6-9 Manor Gardens, Islington, N7 6LA	Map
Bromley & Orpington	Levels 2 to 6	CPTA Bromley, Community House, South Street, Bromley BR1 1RH	Map
Twickenham & Richmond	Levels 2 to 4	CPTA Twickenham & Richmond, ETNA Community Centre, 13 Rossllyn Road, Twickenham, Middlesex TW1 2AR	Map
Reading	Levels 2 to 5	CPTA Reading, New Hope Centre, 95 York Road, Reading RG1 8DU	Map
Brighton, Sussex	Levels 2 to 5	CPTA Brighton Congress Hall, 1-6 Park Crescent Terrace, Brighton, BN2 3HD	Map
Hastings	Levels 2 to 4	CPTA Hastings, 3 Oak Passage Chambers, High Street, Hastings, TN34 3EH	Map
Faversham Kent	Levels 2 to 4	CPTA Faversham Alexander Centre, 15-17, Preston Street, Faversham, ME13 8NY	Map
Bracknell	Levels 2 to 4	CPTA, Bracknell, King's Academy Binfield, St. George's Park, Binfield, Bracknell, Berks. RG42 4FS	

Counselling & Psychotherapy Training Academy

Course Prospectus:

Level 2 Certificate in Counselling Skills CPCAB
Level 3 Certificate in Counselling Studies CPCAB
Level 4 Diploma in Therapeutic Counselling CPCAB
Level 5 Diploma in Psychotherapeutic Counselling CPCAB
Level 5 Diploma in Cognitive Behavioural Therapy CPCAB
Level 6 Counselling Supervision CPCAB

Accreditation:

All our courses are approved and accredited by the CPCAB see www.cpcab.co.uk for further information on them. Graduates from CPCAB L4 courses often go on to apply for accreditation as an individual practitioner with BACP, once they have accrued at least 450 supervised client hours; then on accreditation with BACP you can use letters MBACP Accred. Please see www.bacp.co.uk for information on this. You can also apply for student membership with BACP while you are L4 and L5 courses.

These courses will provide you with a nationally accredited qualification from the Counselling and Psychotherapy Central Awarding Body (CPCAB), approved by the Regulated Qualifications Framework (RQF). Credits from these courses can be accumulated for Further and Higher Education training, e.g. with the Open University or other programmes of study at University.

Level 2 Certificate in Counselling Skills CPCAB (CSK-L2)

This part-time course is intended for those who want to learn how to use counselling skills within an ethical framework for providing helping, mentoring, care planning, teaching, pastoral and other forms of support work in either a voluntary or employed situation. You will be introduced to the Person Centred approach (Carl Rogers) for helping and to the 'Skilled Helper' (Gerard Egan) model. You will build on your knowledge and counselling skills practice with tutor guidance, peer feedback and evaluation.

Level 3 Certificate in Counselling Studies CPCAB (CST-L3)

This course is intended for Level 2 graduates (or equivalent), who want to take the next step in training to become a counsellor (having already acquired counselling skills) and learn more about counselling theories and practice. You will develop on your knowledge of Person Centred counselling in practice and will be introduced to key concepts of Psychodynamic counselling and the Cognitive Behavioural approach. Level 2 and 3 together form the foundation in counselling theory and skills required for progression onto the Level 4 Diploma in Therapeutic Counselling.

Level 4 Diploma in Therapeutic Counselling (Integrative) CPCAB (TCL4)

This is a two year Diploma in Integrative Counselling based on CPCAB's model of practitioner development and therapeutic change, with the Integrative 'five relational model' (Petruska Clarkson) as the integrating theoretical framework. You will explore the five relations spanning the working alliance, the transference relationship, the reparative and developmental relationship, the person to person or real relationship and the transpersonal.

You will develop proficiency as a Therapeutic Counsellor at a counselling placement agency or workplace, under clinical supervision, where you are required to attain 100 supervised client hours.

A minimum of 30 hours of personal counselling (Integrative) is required throughout the course.

Clarkson's integrative relational model forms the basis, with a modulated structure integrating Psychodynamic, Humanistic, Attachment Theory and Intercultural approaches. Later in year two, you will also be introduced to a range of short term and solution focused therapies - Motivational Interviewing, NLP and CBT.

Level 5 Diploma in Psychotherapeutic Counselling (Integrative) CPCAB (PCL5)

This qualification is for experienced counsellors who have acquired the CPCAB Level 4 Diploma in Therapeutic Counselling or its equivalent. Practitioners will enhance their knowledge and skills of counselling and psychotherapy at depth while developing their own rationale for practice. This course is also for practitioners who want to establish and maintain an appropriate framework for independent practice; practice as a senior counsellor within an agency; to carry out client assessments (including identifying and referring clients with severe and complex mental health problems). This course will help prepare practitioners working towards accreditation with BACP.

This course has been mapped by CPCAB to UKCP requirements and combined with TCL4 can provide a pathway for individual practitioner accreditation with UKCP as an Accredited Psychotherapist

Level 5 Diploma in Cognitive Behavioural Theory and Skills CPCAB (CBTL5)

This qualification is intended for qualified counsellors who have acquired the CPCAB Level 4 Diploma in Therapeutic Counselling or its equivalent and want to develop CBT skills and theory as an integral part of their counselling work. Practitioners will develop proficiency as a Cognitive Behavioural Therapist at a placement agency or workplace, under clinical supervision. Candidates will also develop their approach to carry out client assessments and practice as a senior counsellor within an agency.

Level 6 Consultancy Supervision

This course is intended for experienced qualified (post Level 4) counsellors who are either accredited or eligible for accreditation, and who are either practicing as a counselling supervisor without a formal qualification or who are about to embark on providing supervision. You will review your growth as a practitioner and learn about integrative frameworks (M. Carroll, Page & Wosket, Hawkins & Shohet) for individual and group supervision, undertake a research project, submit a case study review and develop your approach in training group supervision. This course is designed to prepare you for supervisor accreditation with the BACP.

Level 2 Certificate in Counselling Skills CPCAB (CSK-L2)

About the course:

This course is intended for candidates who want to learn how to use counselling skills within an ethical framework for providing helping, mentoring, care planning, teaching, pastoral and other forms of support work in either a voluntary or employed situation. You will be introduced to the Person Centred approach (Carl Rogers) for helping and to the 'Skilled Helper' (Gerard Egan) model. You will build on your knowledge and counselling skills practice with tutor guidance, peer feedback and evaluation.

Part time September and February/March starts depending on venue.

Day or evening times are available depending on venue as stated below.

Location	Week commencing 25th Feb 2019 to 8th July 2020 1-week break at Easter and for May half term	Day or Evening options 9.45am to 2.45pm or 5.30pm to 10.00pm unless stated
Islington, N7	25 th Feb 2019 to 8 th July 2019	Monday Evening
Angel, Islington	1 st Mar 2019 to 12 th July 2019	Friday Day
Twickenham	28 th Feb 2019 to 11 th July 2019	Thursday Evening
Bromley, SE London	27 th Feb 2019 to 10 th July 2019	Wednesday Evening
Brighton	26 th Feb 2019 to 9 th July 2019	Tuesday Evening
Brighton	27 th Feb 2019 to 10 th July 2019	Wed 9.30am to 2.30pm
Hastings	29 nd Feb 2019 to 12 th July 2019	Friday Day
Reading	27 th Feb 2019 to 10 th July 2019	Wednesday Evening
Reading	1 st March 2019 to 12 th July 2019	Friday Day
Bracknell	28 th Feb 2019 to 10 th July 2019	Thursday Evening
	Progression to L3 commences in September on same day and time	See website update nearer to the time
For other locations or tailored workplace course delivery to staff teams - please enquire		

Location	Week commencing 9th Sept 19 to 3rd Feb 20 Break for half term & Christmas	Day or Evening options 9.45am to 2.45pm or 5.30pm to 10.00pm unless stated
Angel, Islington	9 th Sept 2019 to 3 rd Feb 2020	Monday Evening
Angel, Islington	12 th Sept 2019 to 6 th Feb 2020	Thursday Evening
Angel, Islington	11 th Sept 2019 to 5 th Feb 2020	Wednesday Day
Twickenham	10 th Sept 2019 to 4 th Feb 2020	Tuesday Evening
Brighton	12 th Sept 2019 to 6 th Feb 2020	Thursday Evening
Brighton	9 th Sept 2019 to 3 rd Feb 2020	Monday Day 9.30am to 2.30pm
Bromley, SE London	9 th Sept 2019 to 3 rd Feb 2020	Monday Evening
Reading	11 th Sept 2019 to 5 th Feb 2020	Wed Day 9.30am to 2.30pm
Reading	10 th Sept 2019 to 4 th Feb 2020	Tuesday Evening
Bracknell	12 th Sept 2019 to 6 th Feb 2020	Thursday Evening
Hastings	11 th Sept 2019 to 5 th Feb 2020	Wednesday Evening
Faversham, Kent	9 th Sept 2019 to 3 rd Feb 2020	Day or Eve TBC
Tunbridge Wells	13 th Sept 2019 to 7 th Feb 2020	Friday Day
Oxford	9 th Sept 2019 to 4 th Feb 2020	Tuesday Evening
For other locations or tailored workplace course delivery to staff teams - please enquire		

Most Level 2 course options tend to fully enroll, so apply early to avoid disappointment. Some options are subject to sufficient numbers for a viable group to start.

Entry requirements:

Candidates must have sufficient writing skills to undertake the written work requirements of this course. We require a reference from an employer, tutor, or from a professional person to comment on your suitability for this type of course.

Programme activities:

Theory seminars, demonstrations, discussion and group work
Personal development and experiential work
Essay
Six sessions of peer helping work carried out in class
Skills practice sessions involve participation with some personal disclosure
Tutor and peer assessed skills practice
Weekly Learning Review of two pages per week
Self review
Tutorials

Time on coursework

Allow about 2 hours outside the course time to do the weekly learning review and assignments related to the course

Reading for the course:

Counselling Skills & Studies: F B Dykes, B Kopp, T Postings, A Crouch: Sage
First Steps in Counselling Practice: by Pete Sanders. (4th Edition) PCCS

Assessment:

Tutor assessment of candidate portfolio evidencing minimum assessment & criteria requirements

External assessment:

Candidates watch a 15-minute CPCAB DVD of a “helping” first session and complete a 60 minute candidate feedback paper in relation to the DVD. This is sent to CPCAB for assessment.

Progression:

Successful completion of this course will give you eligibility for entry on to the Certificate in Counselling Studies (CST-L3).
Progression is subject to a satisfactory course tutor reference and interview.

Fees:

£913 including £163 CPCAB registration & assessment fee -
£425 deposit on enrolment with payment options.

See information and payment options on back page.

Contact: info@cpta.org.uk

Level 3 Certificate in Counselling Studies CPCAB (CST-L3)

About the course:

This course is intended for Level 2 graduates (or equivalent), who want to take the next step in training to become a counsellor (having already acquired counselling skills) and learn more about counselling theories and practice. You will develop on your knowledge of Person Centred counselling in practice and will be introduced to key concepts of Psychodynamic counselling and the Cognitive Behavioural approach. Level 2 and 3 together form the foundation in counselling theory and skills required for progression onto the Level 4 Diploma in Therapeutic Counselling.

Dates and times:

Part time September and February or March starts. Day or evening times are available depending on venue. Most Level 3 course options tend to fully enroll with our internal progressing candidates from L2, so apply early to avoid disappointment. Some options are subject to sufficient numbers for a viable group to start.

Location	Week commencing 25th February 2019 to 8th July 2019 1-week break at Easter and for May half term	Day or Evening options 9.45am to 2.45pm or 5.30pm to 10.00pm unless stated
Angel, Islington	25 th Feb 2019 to 8 th July 2019	Monday Evening
Angel, Islington	28 th Feb 2019 to 11 th July 2019	Thursday Evening
Angel, Islington	27 th Feb 2019 to 10 th July 2019	Wednesday Day
Bromley	25 th Feb 2019 to 8 th July 2019	Monday Evening
Brighton	25 th Feb 2019 to 8 th July 2019	Mon Day 9.30am to 2.30pm
Brighton	28 th Feb 2019 to 11 th July 2019	Thursday Evening
Reading	27 th Feb 2019 to 10 th July 2019	Wed 9.30am to 2.30pm
Reading	26 th Feb 2019 to 9 th July 2019	Tuesday Evening
For other locations or tailored workplace course delivery to staff teams - please enquire		

Location	Week commencing 9th Sept 2019 to 3rd Feb 2020 Break for half term & Christmas	Day or Evening options 9.45am to 2.45pm or 5.30pm to 10.00pm unless stated
Islington, N7	9 th Sept 2019 to 3 rd Feb 2020	Monday Evening
Angel, Islington	13 th Sept 2019 to 7 th Feb 2020	Friday Day
Twickenham	12 th Sept 2019 to 6 th Feb 2020	Thursday Evening
Bromley	11 th Sept 2019 to 5 th Feb 2020	Wednesday Evening
Brighton	10 th Sept 2019 to 4 th Feb 2020	Tuesday Evening
Brighton	11 th Sept 2019 to 5 th Feb 2020	Wed 9.30am to 2.30pm
Reading	11 th Sept 2019 to 5 th Feb 2020	Wednesday Evening
Reading	13 th Sept 2019 to 7 th Feb 2020	Friday Day
Bracknell	11 th Sept 2019 to 5 th Feb 2020	Thursday Evening
Hastings	13 th Sept 2019 to 7 th Feb 2020	Friday Day
For other locations or tailored workplace course delivery to staff teams - please enquire		

Entry requirements:

Candidates are required to have undertaken counselling skills training – e.g. CPCAB’s Level 2 Certificate in Counselling Skills (CSK-L 2) or equivalent. Online training courses will not suffice.
For internal progressing applicants from our Level 2 course we require a tutor recommendation.
For new applicants to CPTA we require a reference from an employer, tutor, or from a professional person to comment on your suitability for this type of course.

Programme activities:

Theory seminars, demonstration, discussion, small group work and presentations
Personal development and experiential work
Essay
Case study based on six sessions of peer counselling work carried out in class
Tutor and peer assessed skills practice
Skills and case study sessions involve participation with some personal disclosure
Training group supervision
Weekly Learning Review
Self review

Time on coursework

Allow about 2 to 3 hours outside the course time to do reading and assignments related to the course

Recommended reading:

F B Dykes, B Kopp, T Postings, A Crouch; Counselling Skills & Studies: Sage – see www.cpcab.co.uk

Pete Sanders, Alan Frankland & Paul Wilkins

Next Steps in Counselling: PCCS

Margaret Hough

Counselling Skills and Theory: Hodder

Dave Mearns & Brian Thorne

Person Centred Counselling in Action: Sage

Assessment:

Tutor assessment of candidate portfolio evidencing minimum assessment requirements.

External assessment:

Candidates watch a 15-minute CPCAB DVD of a counselling first session and complete a 90 minute feedback paper in relation to the DVD. This is sent to CPCAB for assessment.

Progression:

Successful candidates may progress onto CPCAB’s Level 4 Diploma in Therapeutic Counselling (TC-L4) provided that CPCAB’s Level 2 Certificate in Counselling Skills (CSK-L2), or its RPL equivalent, is first acquired in addition to CST-L3. Progression is subject to tutor reference.

Fees:

£916 including £166 CPCAB registration & assessment fee -
£425 deposit on enrolment with payment options for the balance.

Contact: info@cpta.org.uk

Level 4 Diploma in Therapeutic Counselling (Integrative) CPCAB

About the course:

This is a two-year Diploma in Integrative Counselling based on CPCAB's model of practitioner development and therapeutic change, with the Integrative 'five relational model' (Petruska Clarkson) as the integrating theoretical framework. You will explore the five relations spanning the working alliance, the transference relationship, the reparative and developmental relationship, the person to person or real relationship and the transpersonal.

Clarkson's integrative relational model forms the basis, with a modulated structure integrating Psychodynamic, Humanistic, Attachment Theory and Intercultural approaches. Later in year two, you will also be introduced to a range of short term and solution focused therapies - Motivational Interviewing, NLP and CBT.

You will develop proficiency as a Therapeutic Counsellor at a counselling placement agency or workplace, under clinical supervision, where you are required to attain 100 supervised client hours.

A minimum of 30 hours of personal counselling (Integrative) is required throughout the course.

Entry requirements:

Candidates must have acquired both CPCAB's Level 2 Certificate in Counselling Skills (CSK-L2) and Level 3 Certificate in Counselling Studies (CST-L3), or equivalent.

We recommend that you are over 24, with sufficient life experience, psychological and emotional stability to undertake this intensive and demanding course.

We require a tutor reference or recommendation from your previous counselling course of study.

Candidates must have sufficient writing skills to undertake the written course work and assessment requirements of this course. GCE or GCSE English grade C, or at least Level 1 or preferably L2 English written and oral skills.

APPLICANTS FOR YEAR 2 TRANSFERRING FROM OTHER CPCAB CENTRES WELCOME

Dates and times:

Part time September start. Day or evening times are available depending on venue.

1) 9.30am to 3.30pm weekly for 38 weeks

2) Evening & Saturday option 5.30 to 10.00 weekly for 42 weeks, plus 3 Saturdays

Most Level 4 course options tend to fully enrol with our internal progressing candidates from L3, so apply early to avoid disappointment. Some options are subject to sufficient numbers for a viable group to start.

Options scheduled to commence September 2019 to year ending in July 2021

Location	Start Date	Day or Evening options
Angel Islington,	23 rd Sept 2019	Monday 9.30am to 3.30pm
Angel Islington,	25 th Sept 2019	Wednesday 5.30 to 10.00 plus 3 Saturdays per year
Bromley	24 th Sept 2019	Tuesday 5.30 to 10.00 plus 3 Saturdays per year
Reading, Berkshire	25 th Sept 2019	Wednesday 9.30am to 3.30pm
Reading	w/c 23 rd Sept 2019	Mon or Tues 5.30 to 10.00 plus 3 Saturdays per year
Brighton	26 th Sept 2019	Thursday 9.30am to 3.30pm
Brighton	25 th Sept 2019	Wednesday 5.30 to 10.00 plus 3 Saturdays per year
Hastings	25 th Sept 2019	Wednesday 5.30 to 10.00 plus 3 Saturdays per year
Twickenham	w/c 23 rd Sept 2019	Tues or Thurs Eve 5.30 to 10.00 plus 3 Saturdays per year

Accreditation:

All our courses are approved and accredited by the CPCAB see www.cpcab.co.uk for further information on them.

Graduates from CPCAB L4 Diploma in Therapeutic Counselling often go on to apply for accreditation as an individual practitioner with BACP, once they have accrued at least 450 supervised client hours; then on accreditation with BACP you can use letters MBACP Accred. Please refer to www.bacp.co.uk for further information on this.

You can also apply for student membership with BACP while you are studying L4 and L5 courses and on graduation from L4 undertake BACP Certificate of Proficiency for Practice.

Additionally, both L4 and L5 Psychotherapeutic Counselling have been mapped by CPCAB to UKCP requirements and combined provide a pathway for individual practitioner accreditation with UKCP as an Accredited Psychotherapist.

Client work requirements:

Candidates are required to find their own placement and appropriate supervision to undertake client work. A minimum of 100 hours formally contracted counselling (one-to-one) with at least 5 different clients in an agency setting. The placement client work must start in year one so that you have sufficient client work experience before progressing onto year two. Note that these client hours would accumulate towards the current 450 minimum requirements for BACP accreditation.

Most placements prefer year 2 students, however as soon as you start the course your tutors will support and encourage you to persevere and get into placement by the end of year one provided you are suitably ready and deemed competent enough to begin client work.

Placements are usually secured within the first year of the course, but it is worth preparing by looking for potential places to apply for as you near the start.

Please note that candidates do not usually get a placement prior to start of the course. Most get a placement around term 2 or 3 of year 1. If you apply for a placement prior to the course you are most likely to be informed to apply later when you start the course or even at the end of year 1.

Supervision requirements:

Supervision – in the form of either group or one-to-one supervision – to meet BACP minimum requirements. 3 supervisor reports will be required; 1st at less than 20 hours client work; 2nd at less than 70; final report at 70 plus hours.

Personal counselling:

Candidates need to have completed a minimum of 30 hours of personal counselling (integrative) by the end of the course undertaken during the two year training itself with at least 15 hours completed by the end of year 1. Note that the personal counselling requirement is self-funded.

Note that agency placements are less likely to accept applicants who are not undergoing personal counselling.

Required reading: Michael Khan – Between Therapist & Client
Petruska Clarkson – The Therapeutic Relationship
Michael Jacobs – The Presenting Past
Counselling Skills and Theory: Margaret Hough: Hodder

Assessment:

Tutor assessment of candidate portfolio evidencing minimum assessment requirements.

In year 2 there is an Externally Assessed audio recording of a role play counselling session with a peer, plus a written paper.

Fees:

Total £5594 for 2 years

£2797 per year including £327 CPCAB registration & assessment fees

Payment options:

Self-funded: £997 deposit on enrolment with payment options.

Teaching and learning activities:

Each day is structured into four parts:

- Theory seminars, presentations and workshops
- Therapeutic counselling skills
- Training Group Supervision
- Personal Development Group

Theory

Theory seminars

Student presentations

Research on theory and diversity issues with application to practice

Group work activities, discussion, question/answer

Videos on theory and skills in practice

Course reading - Refer to the book list in this handbook

Therapeutic counselling skills

Skills practice and simulation

Demonstration and video of skills in practice

Gold fish bowl – observation and feedback

Creative methods

Experiential learning

Tutor and peer observation and feedback on skills

Self-review of counselling skills

Audio recording of counselling session

Training Group Supervision

Practitioner issues, case presentations, evaluation and feedback on client work.

Personal Development

Using therapeutic counselling skills with self-awareness

Experiential exercises

Exploring identity, difference and diversity

Reflective learning on explicit and implicit patterns of self, relating and history

Developing capacity for advanced empathic relating

Assignment planning and criteria workshops

Group tutorials, individual and peer work on planning assignments, research methods, presentation skills and use of resources.

Refer to assignment guide sheets for each assignment and the schedule of assignments and hand-in dates column of the course timetable planner.

Criteria workshops to integrate the seven CPCAB learning processes and learning outcomes

Tutorials

You will have an initial tutorial within the first two weeks of the course. There are termly tutorials as timetabled to support your learning and focus on meeting learning aims and outcomes.

Peer learning

Peer support, buddying and small group work for reflective practice, research and presentations on theory and diversity.

Finding a suitable personal therapist

Why personal therapy?

The benefits, as a counsellor-in-training, of having your own personal counselling:

- You will feel much more able to cope with the emotional demands of becoming a counsellor
- Exploration of your personal history and patterns of relating with others in a safe and contained way
- Get to know about the counselling process and the counselling relationship from the inside.
- Get to know yourself much better
- Understand better your motivation to be a counsellor and how this might hinder your ability to work with some clients/issues
- To identify, explore and work through your own psychological issues and concerns which could otherwise get in the way of being a competent counsellor.

Choosing a suitable personal therapist or counsellor

During the course you will be expected to explore your personal history and patterns of relating at depth. It is important therefore that your personal therapist is a suitably qualified and experienced counsellor. The self-exploration work you do is a major factor in your personal development on this course.

Your therapist will be asked to sign that they meet these criteria (see Therapists details form). The criteria are:

- * Qualified Diploma in Counselling, preferably with an integrative training, with 2 years post qualified experience.
- * Registered member of a professional body, either the BACP, UKCP, HPC, CS, BPS, BABCP and adhere to their respective professional ethical framework for good practice.
- * Holds professional indemnity insurance cover
- * Has on-going counselling supervision in place
- * Is not a CPCAB tutor from CPTA or any other CPCAB course provider.
- * Is not a current or former tutor, colleague or supervisor

Finding a counsellor / therapist

Individuals seeking a counsellor can visit www.bacp.co.uk - 'it's good to talk' or the Counselling Directory where the directories can be searched online.

Many counsellors offer reduced fee counselling to trainees provided they can attend at certain times such as during the day.

Alternatively, you could approach some of the psychotherapy training institutions. They usually provide a client referral service to their students again the fees may be less than the full fee a counsellor would require. (The student's fees are often in the order of thousands per year - thus providing the training organisation with the resources to run a therapy service). However, please ensure that the student psychotherapist meets the criteria - some will as they will have trained as a counsellor already.

How much therapy?

This course requires you to undertake at least 30 hours personal therapy during the two academic years; at least 15 hours in year one and 15 hours in year two. It is important that you begin your therapy by the end of term one and see your therapist regularly.

If you are aiming for BACP accreditation you should know that the criteria include a minimum of 40 hours of personal development work. These therapy hours can count towards those criteria.

Level 5 Diploma in Cognitive Behavioural Therapy CPCAB (CBT L5)

About the course:

This qualification is intended for qualified counsellors who have acquired the CPCAB Level 4 Diploma in Therapeutic Counselling or its equivalent and want to develop CBT skills and theory as an integral part of their counselling work. Practitioners will develop proficiency as a Cognitive Behavioural Therapist at a placement agency or workplace, under clinical supervision. Candidates will also develop their approach to carry out client assessments and practice as a senior counsellor within an agency.

Course times and location:

This course runs from October to June with breaks for Christmas, half terms and Easter

Location	Commencing	Time
Bromley	October 2019 to June 2020	Evening 5.45pm to 9.45pm
Angel, Islington	October 2019 to June 2020	Evening 5.45pm to 9.45pm
Brighton	October 2019 to June 2020	Evening 5.45pm to 9.45pm

These course options are subject to sufficient numbers for a viable group to start.

Client work requirements:

You must be in an appropriate setting that would support you working a minimum of 30 formally contracted hours with at least 3 clients (aged 16 or over) using the CBT model, under clinical supervision.

Supervision requirements:

Supervision – in the form of either group or one-to-one supervision – to meet BACP minimum requirements. The external supervision for the CBT client work should be with a supervisor who is able to support candidates in their CBT practice.

The course includes group training supervision in addition to the candidate's own supervision arrangements for their external work as per BACP minimum requirements.

Personal counselling or therapy:

There are no requirements for personal counselling. CPTA do however recommend that you personally experience being a client to a qualified CBT therapist. You are required to have ready access to a counsellor/therapist as needed or as identified by your tutor or supervisor to support you in your personal and professional development and for containment of your self and client work. Refer to ethical principles and BACP guide lines regarding fitness to practice.

Entry requirements:

Candidates must have obtained the CPCAB Level 4 Diploma in Therapeutic Counselling (TC-L4) or equivalent, together with over 100 supervised placement client hours.

For internal progressing applicants from our Level 4 course we require a tutor reference of recommendation.

For new applicants to CPTA we require a reference from your counselling supervisor and/or course tutor commenting on your suitability for this level of counselling training.

Fees: £2427 including £327 CPCAB registration & assessment fee –

£677 deposit on enrolment with payment options

Level 5 Diploma in Psychotherapeutic Counselling

About the course:

This qualification is for counsellors who have acquired the CPCAB Level 4 Diploma in Therapeutic Counselling or its equivalent. Practitioners will enhance their knowledge and skills of counselling and psychotherapy at depth while developing their own philosophy of practice. This course is also for practitioners who want to establish and maintain an appropriate framework for independent practice; practice as a senior counsellor within an agency; to carry out client assessments (including identifying and referring clients with severe and complex mental health problems). This course will help prepare practitioners working towards accreditation with BACP.

This course has been mapped by CPCAB to UKCP requirements and combined with TCL4 can provide a pathway for individual practitioner accreditation with UKCP as an Accredited Psychotherapist.

Course times and location: October to June with breaks for Christmas, half terms and Easter

Location	Commencing	Time
Islington, London	October 2019 to June 2020	Tuesday day 9.30am to 2.00pm
Reading	October 2019 to June 2020	Friday day 9.30am to 2.00pm

These course options are subject to sufficient numbers for a viable group to start.

Entry requirements:

Candidates must have obtained the CPCAB Level 4 Diploma in Therapeutic Counselling (TC-L4) or equivalent, together with over 100 supervised placement client hours.

For internal progressing applicants from our Level 4 course we require a tutor reference of recommendation. For new applicants to CPTA we require a reference from your counselling supervisor and/or course tutor commenting on your suitability for this level of counselling training.

Personal counselling:

Candidates need to have completed a minimum of 40 hours of personal counselling by the end of the course. This can include hours undertaken prior to the start of the course but at least 10 hours of personal therapy must be undertaken during the training year itself.

Client work requirements:

A minimum of 60 hours formally-contracted counselling (one-to-one) with at least 3 clients (aged 16 or over).

Supervision requirements:

Supervision – in the form of either group or one-to-one supervision – to meet BACP requirements.

Assessment: Tutor assessment of candidate portfolio and an externally assessed case review (3,000–3,500 words).

Progression:

Successful candidates may progress onto further training in counselling and psychotherapy and work towards accreditation with the British Association for Counselling & Psychotherapy (BACP).

Progression onto Level 6 in Therapeutic Counselling Supervision provided you have acquired at least one year (part-time) of post CBTL5 or PCL5 supervised clinical experience, or two years post TCL4.

CPCAB in partnership with the Open University offer a progression to their modulated degree programme.

Fees: £2427 including £327 CPCAB registration & assessment fee –

£677 deposit on enrolment with payment options

Level 6 Counselling Supervision CPCAB (L6-CS)

About the course:

This substantial supervision course is intended for experienced qualified (post Level 4) counsellors who are either accredited or eligible for accreditation, and who are either practising as a counselling supervisor without a formal qualification or who are about to embark on providing supervision. You will review your growth as a practitioner and learn about integrative frameworks (M. Carroll, Page & Wosket, Hawkins & Shohet, Proctor & Inskipp) for individual and group supervision, undertake a research project, submit a case study review and develop your approach in training group supervision. This course is designed to prepare you for accreditation as a supervisor with the BACP.

Course times and location:

This course runs from October to June with term and half term breaks

Location	Commencing	Time
Islington, London	October 2019 to June 2020	Monday fortnightly day
Bromley	October 2019 to June 2020	Delivered over 7/8 monthly weekends
Brighton	October 2019 to June 2020	Half day or evening tbc
Reading	October 2019 to June 2020	Half day or evening tbc

These course options are subject to sufficient numbers for a viable group to start.

Course content:

The course consists of theory research and presentations, supervisory skills practice, Training Group Supervision with case presentations and experiential work. The assessment requires a Candidate Portfolio including; 2 Research Essays & Presentations; Case Study and Presentation; Learning reviews; and an externally assessed Case Review.

Assessment: Candidate Portfolio and externally assessed Case Review (3,000–3,500 words).

Entry requirements:

This course is for experienced qualified (post Level 4 & 5) counsellors who are either accredited or eligible for accreditation (with at least 450 client hours experience), and who are either practising as a counselling supervisor without a formal qualification or who are about to embark on providing supervision.

Supervision work experience:

You must be in an appropriate setting that would support you working with supervisee's. You must complete a minimum of 15 hours of supervision work to apply the learning covered by the programme.

Supervisory Supervision:

CPCAB requires candidates to have a minimum of five supervisory supervision hours with a senior/experienced clinical supervisor. This should take the form of group (note BACP guidelines will apply when calculating group hours) and/or one-to-one supervision.

Personal counselling or therapy:

There are no requirements for personal counselling. However, counselling/therapy is recommended and in any event you must have ready access to a counsellor/therapist as needed or as identified by your tutor or supervisor to support you in your personal and professional development and for containment of your self, supervisory and client work. Refer to ethical principles and BACP guide lines regarding fitness to practice.

Insurance: You must have adequate insurance cover for practicing as a Counsellor and as a Supervisor.

Fees: £2427 including £327 CPCAB registration & assessment fee –

£677 deposit on enrolment with payment options

How to apply:

1. Please download and email your application form to info@cpta.org.uk
2. Admissions will contact you regarding enrolment procedure for the course option selected.
3. If Admissions are satisfied with your application and entry requirements are met, then you will be sent an offer of a place with instructions on enrolment and fee payment options.
4. If applicable, a conditional offer will require you to provide certificate evidence of passing previous counselling training course and/or tutor reference.

Ethical and safeguarding considerations:

CPTA tutors are:

- Registered members of a professional body either the BACP, UKCP, HPC, CS, BPS, BABCP and adhere to their respective professional ethical framework for good practice.
- DBS/CRB cleared and renewed as required.

CPTA actively promotes the principles of the BACP Ethical Framework as an integral part of their counselling and training courses.

References:

A reference is required for applicants new to CPTA courses. The offer form will specify reference requirements for the course that you are applying for.

For internal progressing applicants from our courses we require a tutor reference of recommendation.

Candidates must have sufficient writing skills to undertake the written course work and assessment requirements of this course. GCE or GCSE English grade C, or at least Level 1 or preferably L2 English written and oral skills.

Suitability of candidates:

In the interests of ethical practice and safety, we require that candidates are of suitable emotional and psychological stability to undertake any of these courses. Should CPTA Admissions have concerns about your emotional readiness, further information may be required (with your informed consent) from a professional who has been involved in your health and well-being such as a counsellor, psychotherapist, psychologist, psychiatrist, senior health worker, general practitioner, occupational health assessor or other specialist.

DBS & CRB clearance:

Applicants must declare whether they have any criminal convictions or any pending criminal proceedings.

For course Levels 4 and 5 a full DBS application would usually be carried out by your placement agency or workplace.

Insurance:

For Levels 4, 5 & 6, you are required to either arrange your own insurance or check that you are covered by your placement agency insurance policy.

Fees and payment options

Course	Course Fees	CPCAB fee for registration & assessment	Total course fees	Payment options
L2 Certificate in Counselling Skills CPCAB (CSK-L2)	£913 including £163 CPCAB registration & assessment fee	£163	£913	£425 deposit on enrolment with payment options
L3 Certificate in Counselling Studies CPCAB (CST-L3)	£916 including £166 CPCAB registration & assessment fee	£166	£916	£425 deposit on enrolment with payment options.
L4 Diploma in Therapeutic Counselling (Integrative) CPCAB (TCL4)	£2797 per year including £327 CPCAB registration & assessment fees		£5594 for 2-year course	Self-funded: £997 deposit on enrolment with payment options.
L5 Diploma in Psychotherapeutic Counselling CPCAB (PCL5)	£2427 including £327 CPCAB registration & assessment fee	£327	£2427	£677 on enrolment with payment options
L5 Diploma in Cognitive Behavioural Theory & Skills CPCAB (CBT-L5)	£2427 including £327 CPCAB registration & assessment fee	£327	£2427	£677 on enrolment with payment options
L6 Counselling Supervision CPCAB (CS-L6)	£2427 including £327 CPCAB registration & assessment fee	£327	£2427	£677 on enrolment with payment options

Fees January 2019

- Payment options are available.
- Please note that there are no concessionary rates for these courses