

Counselling & Psychotherapy - Level 4 Course

Key Information

Course Format:
Paper Based Course Materials

Price:
£312.00

Assessment:
Written Assignments

Payment Options:
Spread the cost over 4 monthly payments

Approximate Study Time:
120 Hours of Self Study

Initial Payment of
£153.00

Approximate Delivery Time:
1-2 Working Days (Courier Service)

Followed by 3 payments of:
£53.00



The **Counselling and Psychotherapy - Level 4 Course** will help students to gain a thorough understanding of what is expected of a Counsellor. You will be able to use your newly developed skills to help people in need. It could be people at work, it could be close members of your family, or long-time friends.

On successful completion of this course students will receive an accredited Level 4 Certificate of Achievement.

The Counselling and Psychotherapy course is comprehensive and covers a wide variety of topics such as types of counselling, listening skills, crisis mediation, bereavement, stress problems, depression, eating disorders, alcohol, drug and substance abuse and much more.

Practical Experience / Organisational Membership:

On successful completion of this theoretical course you are advised to gain as much practical experience as you can with suitable organisation's such as Alcohol Concern, The Samaritans, Child Line or one of the many organisations who will be looking for suitable volunteers. It may also be possible to join a relevant organisation such as the Counselling Society as an associate member. You can contact the Counselling Society direct for an application form and advice on what membership options may be available.

The Course Includes the Following Units:-

• Unit 1 – The Basics of Counselling & Psychotherapy

The following topics are covered: What is counselling and psychotherapy?; When is a counsellor not ready to counsel?; and Who needs counselling?.

• Unit 2 – Models & Approaches of Therapy

The following topics are covered: CBT; Hypnotherapy; DBT; Drama and art therapy; Psychotherapy and psychodynamic psychotherapy; CAT; Person-Centred; Solution focused therapy; EMDR; and Gestalt therapy.

• Unit 3 – Types of Counselling

The following topics are covered: Addiction; Anxiety; Divorce; Stress; Sexual orientation; and PMS.

• Unit 4 – Accompanying Treatments

The following topics are covered: Antidepressants; Sleeping tablets; and Minor tranquilizers.

• Unit 5 – Mental Health Conditions

The following topics are covered: Depression; Eating disorders; Personality disorders; Schizophrenia; and Gender identity disorder.

• Unit 6 – Delivery of Counselling & Psychotherapy

The following topics are covered: Individual counselling; Group therapy; Couples therapy; Family therapy; Online counselling; Telephone counselling; SMS text counselling; and Video Counselling.

Counselling & Psychotherapy - Level 4 Course

- **Unit 7 – Listening Skills & Validation**

The following topics are covered: Stages of listening; and Types of validation.

- **Unit 8 – How to Help Someone in Crisis**

The following topics are covered: Suicide; Self harm; Eating distress; and Relationship breakdown.

- **Unit 9 – Common Problems in Counselling & Psychotherapy**

The following topics are covered: Supervision; Communication problems; Power and control issues; Aggression; and Safety issues.

- **Unit 10 – Abuse & Trauma**

The following topics are covered: Staying safe; The Law; Sexual offences Act; Domestic Violence, Crime and Victims bill 2003; Rights of victims; Injunctions; Evidence; Court order; Reporting abuse; Inner child; After abuse; and Trauma work.

- **Unit 11 – Useful Strategies**

The following topics are covered: Toolbox; Halting protocol; Writing letters; Feeling safe; Transactional object; Breathing exercises; Mindfulness; Splitting; Projective identification; Stabilisation; Homework; Diary; and Boundaries.

- **Unit 12 – Being a Therapist**

The following topics are covered: Confidentiality; Registration and Accreditation; Insurance; Professional development; and Working ethically.

Prerequisites:

This is a Level Four course and as such will require students to have a good level of literacy and general education at least up to GCSE C grade. In other respects the home study courses are open to any one with a genuine and positive attitude to the subject, and no prior knowledge is needed.

Course Duration & Support:

You will have access to a tutor via post or email. In addition you will be supplied with a comprehensive Study Guide which will help you through the study and assessment process.

Assessment:

You will be assessed on coursework which is detailed in the course materials. Most coursework consists of short paragraph answers to set questions. Your work can be sent back to your course tutor by email or by post.

Certification:

At the end of this course successful learners will receive a Certificate of Achievement from ABC Awards and Certa Awards and a Learner Unit Summary (which lists the components the learner has completed as part of the course). The course has been endorsed under the ABC Awards and Certa Awards Quality Licence Scheme. This means that Kendal Publishing has undergone an external quality check to ensure that the organisation and the courses it offers, meet defined quality criteria. The completion of this course alone does not lead to a regulated qualification* but may be used as evidence of knowledge and skills gained.

The Learner Unit Summary may be used as evidence towards Recognition of Prior Learning if you wish to progress your studies in this subject. To this end the learning outcomes of the course have been benchmarked at Level 4 against level descriptors published by Ofqual, to indicate the depth of study and level of demand/complexity involved in successful completion by the learner.

Counselling & Psychotherapy - Level 4 Course

Information on level descriptors can be found on the Ofqual's level descriptors page. We provide a link to this on each course page of our website.

The course itself has been designed by Kendal Publishing to meet specific learners' and/or employers' requirements which cannot be satisfied through current regulated qualifications. ABC Awards & Certa Awards endorsement involves robust and rigorous quality audits by external auditors to ensure quality is continually met. A review of courses is carried out as part of the endorsement process.

ABC Awards and Certa Awards have long-established reputations for providing high quality vocational qualifications across a wide range of industries. ABC Awards and Certa Awards combine over 180 years of expertise combined with a responsive, flexible and innovative approach to the needs of our customers.

Renowned for excellent customer service, and quality standards, ABC Awards and Certa Awards also offer regulated qualifications for all ages and abilities post-14; all are developed with the support of relevant stakeholders to ensure that they meet the needs and standards of employers across the UK.

*Regulated qualification refers to those qualifications that are regulated by Ofqual / CCEA / Qualification Wales