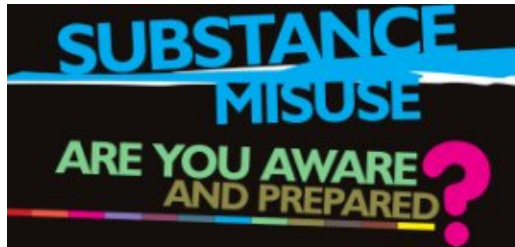


## USM L2 - Award in Understanding Substance Misuse



This qualification is intended for candidates who wish to develop their knowledge of substance misuse in order to:

- raise awareness and know the effects of substance misuse and its consequences including alcohol
- identify the harm associated with different substances
- understand why people misuse drugs/alcohol and be aware of own responses to drugs/alcohol
- improve the knowledge, awareness, understanding and effectiveness of those:
  - currently working in the field of substance misuse
  - supporting people involved in substance misuse
  - working to prevent substance misuse

*Length of Course - 15 Weeks (30 hours)*

## CSK L2 - Certificate in Counselling Skills

*This qualification is intended for candidates who want to:*

- learn counselling skills to help others
  - either in a voluntary or an employed situation;
- use counselling skills ethically and safely whilst understanding boundaries



- work empathically as a helper and focus on helpee's needs and concerns
- increase self awareness
- develop a range of counselling skills
- Use feedback and reflection to enhance counselling skills

This course won't teach you to be a counsellor but may help you decide whether or not to continue training.

*Length of Course - 30 Weeks (90 hours)*

## CST L3 - Certificate in Counselling Studies



This qualification is intended for candidates who want to:

- take the next step in training to become a counsellor (having already acquired counselling skills);
- prepare to work within an ethical framework and understand the counselling relationship
- use counselling theory to develop self awareness in counselling practice
- understand theories of counselling and mental health
- develop the use feedback, reflection and supervision to support counselling studies
- learn more about counselling theory and agency work

*Length of course - 30 Weeks (90 hours)*

## TC L4 - Diploma in Therapeutic Counselling



This qualification is intended for candidates who want to train to become a counsellor working in a counselling service agency. Successful completion of this course means that the trainees will be able to provide a therapeutic counselling service within the context

of an agency's service framework. Areas covered include:-

- Working ethically, safely and professionally as a counsellor
- Working with client diversity in counselling work
- Working within a user-centred approach to counselling
- Working with self-awareness in the counselling process
- Working within a coherent framework of counselling theory and skills and working self-reflectively as a counsellor

*Length of Course = 2 years*

## And Introducing ...

### PC L5 - Diploma in Psychotherapeutic Counselling

This qualification is intended for candidates who have acquired the CPCAB Level 4 Diploma in Therapeutic Counselling and wish to work as an independent practitioner.

*Length of Course - 30 Weeks (120 hours)*

C  
O  
U  
N  
S  
E  
L  
L  
I  
N  
G  
A  
T  
H  
I  
S  
C  
O  
U  
R  
S  
E  
W  
E  
L  
C  
O  
M  
E  
T  
O  
T  
H  
E  
W  
O  
M  
E  
N  
S  
C  
E  
N  
T  
R  
E

### What is Counselling?

Counselling is a type of talking therapy that allows a person to talk about their problems and feelings in a confidential, safe and supportive environment. This can help you to deal with specific problems, and the purpose is not to give advice, but to help you understand your feelings and behaviour better and, if you want to, to change your behaviour or the way you think about things.

### Why Study Counselling?

Counselling has seen an enormous growth in recent years and takes place in a range of settings, including voluntary organisations, schools and hospitals. In addition, counselling skills are useful for many professionals where listening and understanding are important, such as teaching, nursing, social work and alternative therapies. Counselling will be of interest to students wishing to pursue a wide variety of careers.

### Why Study at the Women's Centre?

The Women's Centre enables women to access opportunities for learning and development in a flexible and supportive environment, providing childcare focused on the needs of the child, taking account of the needs of women from a wide range of backgrounds and experiences. It works in partnership with women's organisations and other agencies in the North West, at a regional level and beyond, to influence positive change in the field of women's equality, learning and development.