

## The Manna House Counselling Service

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# Manna House

Counselling Service



Serving the Community

## Level 2 Award - Introduction to Christian Counselling TM2A/A (36 Guided Learning Hours)

### Who is this course for?

This course is primarily for students who have little or no experience of counselling training and wish to investigate whether this is an area that God is calling them into, or who wish to develop listening skills for use in helping/pastoral settings. Increasingly, students with some experience of secular counselling training are also choosing this course in order to gain a Christian perspective on counselling.

### When does the course run?

There are various options for undertaking the course: 12 ONLINE sessions either evenings 7pm – 10 pm or daytime 9.45am – 1pm, 6 alternate Saturdays (10am – 5pm) OR you can choose our more intensive six consecutive days Summer School in August. Please see leaflet for further information.

### What does the course cover?

The course includes the following elements:

- What counselling is/is not; how it differs from other forms of people helping; how it differs from pastoral care.
- Exploration of the Biblical basis for counselling and the characteristics of a Christian Counsellor.
- Brief introduction to some of the common counselling approaches.
- Introduction to basic counselling skills of active listening.
- The importance of empathy and the opportunity to practise it in structured role plays.
- Introduction to the 5 Circle Theory – a Christian approach to counselling.
- Consideration of some common problems that people bring to counselling.
- Why supervision is needed.
- Consideration of culture and diversity in counselling settings.
- Opportunities to engage with self awareness.

## What qualifications does the course give me?

The course is accredited by CPCAB (Counselling and Psychotherapy Central Awarding Body) and therefore counts towards training hours when a student eventually applies for accreditation with the ACC/BACP or other professional body. CPCAB is the UK's leading counselling awarding organisation offering vocational qualifications at over 300 centres throughout the UK and overseas with over 13,000 candidate registrations every year. This means that any employer will accept its awards as valid qualifications.



An Introduction Course does not make anyone a counsellor, but the course is a pre-requisite for the Level 3 Manna House Certificate in Christian Counselling TM3C/H. However, if a student can demonstrate that they have completed an equivalent introductory course, they will be considered for direct entrance onto the Level 3 Certificate (please contact the Training Manager, Liz Rochford, in this instance).

The Level 2 Award in Introduction to Counselling Skills is equivalent to 6 educational credits which can be used to support applications for a higher educational programme of study.

## What does the course involve?

The course consists of 36 hours of teaching time and 14 hours of private study time which involves reading, keeping a personal learning journal and 3 assignments.

The student must attend a minimum of 85% of the teaching part of the course. This means only being able to miss 5 hours 24 minutes during the course.

Students must also provide evidence of having achieved all the Course Assessment Criteria through written assignments consisting of multiple questions which require short answers.

*Students will need to complete their assignments, including any working towards, by the end of the course. Delays beyond this time will mean students will forfeit their Counselling and Psychotherapy Central Awarding Body Certificates but Manna House Attendance Certificates can still be awarded.*

## What do the fees include?

Fees include all notes and CPCAB registration. Students may also choose to take out a years student membership with the Association of Christians in Counselling and Linked Professions (ACC) at an additional cost of £22 which enables complete access to ACC's website plus a termly online journal.