

CAST-L3 Examples of Written Assignments

Unit 1 Optional Counselling theories:

Target length: 1,500/2,000 words

This assignment should compare and contrast two counselling theories of your choice. You will need to describe each theory in detail, reflecting on:

- The underlying philosophy of each.
- How each theory understands the self, personal history and patterns of relating.
- What you consider to be the strengths and weaknesses of each theory.
- The theory you prefer, explaining why.

Unit 1 Optional Counselling agencies:

CPCAB advise against using this as one of the written assignments if teaching the CAST-L3 qualification, as it will duplicate the Unit 2 Project. This is more appropriate to centres delivering CST-L3 only.

Target length: 1,500/2,000 words

The focus of this assignment is on how a counselling agency operates. You will need to identify a counselling agency you wish to write about, explaining why you have chosen that agency. You will need to research all aspects of your chosen agency. You will also need to include your thoughts and feelings around the agency's policies and procedures, describing what you agree with and anything you think should be different.

You may wish to include:

- What issues the agency works with e.g. domestic violence, addiction, bereavement, generic counselling, young adults, carers.
- What specific theory (if any) informs work with the client group seen at the agency.
- How the agency assesses client need.
- How many sessions are available e.g. short term, long term or open-ended counselling.
- The ethical framework the agency works within.
- Legal issues which may include confidentiality and safeguarding.
- What policies and procedures are in place?
- Whether the agency offers any other services e.g. training, workshops, group work.

Unit 1 Optional Mental health:

Target length: 1,500/2,000 words

The focus of this assignment should be on identifying and describing a range of mental health problems.

The assignment should include understanding of the differences between common mental health problems and severe mental health problems, with examples.

Write about the appropriateness of counselling as a possible treatment option, using the Service Levels described in the CPCAB model to qualify what you have written.

Unit 1 Optional You as a counsellor (if applicable):

The focus of this assignment is to explore your future role as a counsellor. Areas to write about could include:

- What led you to begin training to be a counsellor?
- Your ethical framework and how you apply its principals in your counselling work.
- A specialist area you are interested in e.g. bereavement, abuse, depression. Explain why you are interested in that area.
- Any client issues you are not willing to work with, explaining why.
- Your theoretical model and why it is important to underpin your work with a coherent theoretical model.
- Your current strengths and challenges as a counsellor in training.
- The importance of self-care as a counsellor and how you maintain your own health and wellbeing.

Unit 1 Optional Counselling theory and self-awareness:

Target length: 1,500/2,000 words

This assignment should focus on how counselling theory can promote self-awareness by deepening understanding of your own personality, history and relationships. You should choose and describe a theory, before going on to explain how your chosen theory helps you understand yourself better. What draws you to this theory in particular?

You may find it useful to include actual examples from your personal experiences and how your self-awareness and knowledge has grown and developed. You could also write about what changes (if any) have happened in your life as a result of applying counselling theory to yourself.

Candidates have the option of completing a research assignment. [Click here](#) for guidance.