

1. Title of the certificate ^(en)

CPCAB Level 5 Diploma in Cognitive Behavioural Therapeutic Skills & Theory (CBT-L5)

⁽¹⁾ In the original language

2. Translated title of the certificate ^(de)

⁽¹⁾ If applicable. This translation has no legal status.

3. Profile of skills and competences

Core Units:

There is 1 mandatory unit: Working as a counsellor using CBT approach

Learning outcomes

The learner will be able to:

- Work safely, legally and ethically as a counsellor using the CBT approach
- Use the CBT framework to structure the therapeutic relationship
- Integrate understanding of diversity in CBT work
- Use a coherent CBT approach to work with individual clients and their needs
- Work with self awareness as a counsellor using the CBT approach
- Use CBT theory, research and techniques coherently within counselling work
- Monitor and maintain professional effectiveness as a counsellor using the CBT approach

Optional Units:

There are no optional units

4. Range of occupations accessible to the holder of the certificate ⁽¹⁾

This qualification is intended for candidates who want to develop CBT skills and theory as an integral part of their counselling work. Potential job roles include but are not limited to:

- An autonomous counsellor in private practice or agency settings.
- Work as a senior counsellor in a counselling agency.
- A private counsellor working for an organisation, for example in a wellness/ mental health setting.
- Employment in NHS and private health care settings.

⁽¹⁾ If applicable

⁽¹⁾ Explanatory note

This document is designed to provide additional information about the specified certificate and does not have any legal status in itself. The format of the description is based on the following texts: Council Resolution 93/C 49/01 of 3 December 1992 on the transparency of qualifications, Council Resolution 96/C 224/04 of 15 July 1996 on the transparency of vocational training certificates, and Recommendation 2001/613/EC of the European Parliament and of the Council of 10 July 2001 on mobility within the Community for students, persons undergoing training, volunteers, teachers and trainers.

More information available at: <https://europa.eu/europass/en/recognition-skills-and-qualifications>

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5. Official basis of the certificate

<p>Name and status of the body awarding the certificate Address: Counselling & Psychotherapy Central Awarding Body (CPCAB)</p> <p>PO Box 1768, Glastonbury, Somerset. BA6 8YP</p> <p>Telephone: 01458 850350</p> <p>Website: www.cpcab.co.uk</p> <p>E-mail: contact@cpcab.co.uk</p> <p>(CPCAB is a recognised Awarding Organisation in the United Kingdom.)</p>	<p>Name and status of the national/regional authority providing accreditation/recognition of the certificate</p> <p>Name: Office of Qualifications and Examinations Regulation</p> <p>Address: Earlsdon Park, 53-55 Butts Road, Coventry, CV1 3BH</p> <p>Telephone: 0300 303 3344</p> <p>Website: www.ofqual.gov.uk</p> <p>E-mail: info@ofqual.gov.uk</p>
<p>Level of the certificate (national or international) Level 5 in Qualifications & Credit Framework (QCF) Level 5 (EQF)</p>	<p>Grading scale / Pass requirements Grading scale - Pass Tutor assessment of candidate portfolio evidencing minimum assessment requirements. Externally assessed case review (3,000 –3,500 words).</p>
<p>Access to next level of education/training Provides access to Open University's Foundation Degree, Level 6 Certificate in Therapeutic Counselling Supervision and higher level (HE) counselling qualifications.</p>	<p>International agreements N/A</p>
<p>Legal basis N/A</p>	

6. Officially recognised ways of acquiring the certificate

Description of vocational education and training received	Percentage of total programme (%)	Duration (hours/weeks/months/years)
School-/training centre-based	72.70	120
Workplace-based	27.30	45
Accredited prior learning		
Total duration of the education/ training leading to the certificate		165 hours

Entry requirements
 Candidates must have achieved the CPCAB *Level 4 Diploma in Therapeutic Counselling* (TC-L4) or its RPL equivalent (minimum 420 Guided Learning Hours), in addition to appropriate pre-TC-L4 (or equivalent) training.

Additional information
 The qualification has been rated at 39 credits.
 Full qualification details are available on the register; [The Register of Regulated Qualifications: CPCAB Level 5 Diploma in Cognitive Behavioural Therapeutic Skills and Theory \(RQF\) details \(ofqual.gov.uk\)](#)

More information (including a description of the national qualifications system) available at:
[Home Page \(enic.org.uk\)](http://www.enic.org.uk)

National reference point
<http://www.uknlp.org.uk>

