**ABC Level 3**

**Resource Bank**

**How to use this resource.**

Check the units you are studying then click on the links to access the resources

How to reference CSR Resources

[Reference guide](https://student.counsellingtutor.com/referencing/)

Assignment exemplars

[Complete course assignments](https://student.counsellingtutor.com/modules/level-3-2/)

**Module; Understanding the context for the use of counselling skills**

**Understand what is meant by counselling skills (*learning outcome)***

**Criteria -**

1.1. Define counselling skills

Definition of counselling skills

1.2. Outline different roles within which counselling skills may be used 1.3. Outline different situations in which counselling skills may be used

[Roles and Situations](https://student.counsellingtutor.com/topic/cpcab-service-levels-explained/)

1.4. Explain the difference between someone who uses counselling skills and a qualified trained counsellor

[Skills and qualified](https://student.counsellingtutor.com/topic/cpcab-service-levels-explained/)

[The difference between counselling and other helping activities](https://student.counsellingtutor.com/topic/difference-between-counselling-and-other-helping-activities/)

[Video](https://www.youtube.com/watch?v=OUNeEvZye7Q)

[Assignment exemplar](https://student.counsellingtutor.com/topic/understanding-the-context-for-the-use-of-counselling-skills/)

**Understand the need to work within an ethical framework (*learning outcome)***

**Criteria -**

2.1. Explain the key features of one recognised ethical framework for counselling and psychotherapy used by qualified trained counsellors

2.2. Compare their chosen ethical framework with the requirements of one other professional body or employing organisation

[Bacp Ethical Framework1](https://student.counsellingtutor.com/courses/new-2018-bacp-ethical-framework/)

[Bacp Ethical Framework2](https://student.counsellingtutor.com/courses/ethical-framework-overview/)

**Understand the environment in which counselling takes place (*learning outcome)***

**Criteria -**

3.1. Explain the importance of the following when using counselling skills in a formal setting

* Professional conduct
* Ethical issues
* Confidentiality
* Boundaries
* Legal responsibility
* Negligence
* Diversity and difference

[Assignment exemplar](https://student.counsellingtutor.com/topic/understanding-the-context-for-the-use-of-counselling-skills/)

3.2. Explain when, how and why confidentiality and boundaries may be breached

[Breaching confidentiality](https://student.counsellingtutor.com/topic/when-to-break-confidentiality-in-counselling/)

3.3. Explain, using examples, the importance of the right physical environment when using counselling skills

3.4. Explain the importance of ensuring the emotional and mental safety of both speaker and listener when using counselling skills

[Assignment exemplar](https://student.counsellingtutor.com/topic/understanding-the-context-for-the-use-of-counselling-skills/)

**Understand the importance of casework supervision (*learning outcome)***

**Criteria -**

4.1. Explain the difference between casework supervision and other forms of supervision

[Video](https://www.youtube.com/watch?v=uNmm1Q0SqfA)

4.2. Explain why casework supervision is important for a trainee and a qualified trained counsellor

4.3. Using examples, explain the possible effects of good and bad casework supervision on

* The work being done with counselling clients
* The personal development of the trainee and the qualified trained counsellor

[Assignment exemplar](https://student.counsellingtutor.com/topic/understanding-the-context-for-the-use-of-counselling-skills/)

**Module; Understanding counselling theory**

**Understand a major therapeutic model of counselling (*learning outcome)***

**Criteria -**

1.1. Explain the historical development of one major therapeutic model, including the people influential in its development

1.2. Explain the philosophical basis of the chosen model

1.3. Explain the key concepts, principles of the chosen model

[Person-Centred](https://student.counsellingtutor.com/courses/the-life-and-times-of-carl-rogers/)

[CBT](https://student.counsellingtutor.com/courses/introduction-to-cognitive-behavioural-therapy/)

[Transactional Analysis](https://student.counsellingtutor.com/courses/introduction-to-the-principles-of-ta-therapy/)

[Gestalt](https://student.counsellingtutor.com/courses/introduction-to-gestalt-therapy/)

[REBT](https://student.counsellingtutor.com/topic/what-is-rebt/)

1.4. Explain how the chosen model would inform the practice of a qualified trained counsellor

1.5. Explain how the chosen model influences the understanding of the development of the concept of self

1.6. Explain why it is important to have an understanding of a therapeutic model before using its methods and techniques

[Assignment exemplar](https://student.counsellingtutor.com/topic/understanding-counselling-theory/)

**Understand the principles of other therapeutic models of counselling (*learning outcome)***

**Criteria-**

2.1. Explain the key features of two other therapeutic models

2.2. Compare and contrast these models with the main model chosen

[Compare and contrast1](https://student.counsellingtutor.com/modules/compare-and-contrast-modalities/)

[Compare and contrast2](https://student.counsellingtutor.com/modules/compare-and-contrast-theories/)

[Assignment examplar](https://student.counsellingtutor.com/topic/understanding-counselling-theory/)

**Module; Using counselling skills**

**Understand the process of a counselling skills session (*learning outcome)***

**Criteria-**

1.1. Identify three stages in the counselling skills session

1.2. Explain the importance of opening a session appropriately

1.3. Define the following skills which could be used in a session

* + Attentiveness and rapport building
  + Active listening, including minimal encouragers
  + Managing silence
  + Empathic listening
  + Effective questioning
  + Paraphrasing and summarising
  + Focusing
  + Immediacy
  + Working at an appropriate pace
  + Checking understanding with the speaker

[Assignment exemplar](https://student.counsellingtutor.com/topic/using-counselling-skills/)

[Skills evaluation](https://student.counsellingtutor.com/courses/skills-evaluation/)

1.4. Explain the importance of closing a session

1.5. Explain the possible impact of diversity on the use of counselling skills in a session

[Diversity](https://student.counsellingtutor.com/modules/how-diversity-impacts-on-the-therapeutic-relationship/)

[The equalites act](https://student.counsellingtutor.com/topic/counselling-and-the-law/)

**Be able to conduct a session with a client in an ethical and safe way (*learning outcome)***

**Criteria-**

3.1. Reflect on the stages of the counselling skills session

**Unit - K/601/7582 Personal development for users of counselling skills**

**Understand how the study of counselling theory can inform personal development and growth *(Learning outcome)***

**Criteria-**

1.1. Reflect on ways in which the study of counselling theory has developed their understanding of self

1.2. Reflect on ways in which the study of counselling theory has developed their understanding of life events and their responses to them

1.3. Reflect on ways in which the study of counselling theory has developed their understanding of their relationships, and the way they form, develop, maintain and end them

[Attachment1](https://student.counsellingtutor.com/courses/attachment-theory/)

[Attachmet2](https://student.counsellingtutor.com/modules/what-is-your-attachment-style/)

[Theory and relationships](https://student.counsellingtutor.com/topic/personal-development-for-users-of-counselling-skills/)

**Use counselling skills practice to understand self (*learning outcome)***

**Criteria-**

2.1. Reflect on ways in which the counselling skills practice has impacted on the development of self

2.2. Explain how interaction with others has impacted on self

2.3. Reflect on the impact on self of responding to equality and diversity issues

2.4. Reflect on the impact on practice of responding to equality and diversity issues

Personal development for users of counselling skills

**Reflect on personal development (*learning outcome)***

**Criteria-**

3.1. Identify constructive guidance provided by others which has informed their awareness

3.2. Explain how this feedback has impacted on self

3.3. Evaluate their own strengths and weaknesses as a person who uses counselling skills

3.4. Plan for and justify future personal development

[Assignment exemplar](https://student.counsellingtutor.com/topic/personal-development-for-users-of-counselling-skills/)

[Attachment1](https://student.counsellingtutor.com/courses/attachment-theory/)

[Attachmet2](https://student.counsellingtutor.com/modules/what-is-your-attachment-style/)

[Theory and relationships](https://student.counsellingtutor.com/topic/personal-development-for-users-of-counselling-skills/)

Generic resources

[Search for skills](https://student.counsellingtutor.com/?s=micro+skills)

[Search for theory1](https://student.counsellingtutor.com/theory-lectures/)

[Search for theory2](https://student.counsellingtutor.com/courses/counselling-theory-decoded/)