

Level 3 Certificate in Applied Therapeutic Skills



The qualification's main purpose is to develop your professional competence in supporting vulnerable individuals through a better understanding of relevant psychotherapy and counselling.

Benefits for Individuals

A 12-week course, providing you with a foundation of knowledge of counselling and psychotherapy treatment.

Developing skills and interventions, incorporating accredited units of study in:

- Safeguarding
- Attachment Theory in Practice
- Creating a Secure Alliance
- Relational Listening Skills
- Understanding and Reducing Effects of Shame
- Therapeutic Problem-Solving Techniques

Our Certificate in Applied Therapeutic Skills is nationally recognised at Level 3 and accredited by Ascentis.





Duration

12 weeks
1 day per week
(9:30am to 12:30pm)

Classes & Venue

Classes take place on Tuesdays at the EDAS Learning Centre
54A Ashley Road, Poole,
Dorset, BH14 9BN

Contact Us

 01202 735777
 training@edasuk.org

Sign up now at
www.edasuk.org/CATS





Progression and Career Opportunities

This professionally recognised Level 3 certificate will provide you with a solid foundation of therapeutic counselling skills and will allow you to progress into further education or employment in other related subjects including counselling, mental health, social care, substance misuse and alcohol counselling, occupational therapy and social work, among others.

Our Tutors

Delivered by experienced professionals working actively in a mental health and counselling service will provide you with practical case management and clinical delivery skills.

All students will be provided with a comprehensive support structure, including a personal tutor.

How Will I Be Assessed?

There are a number of assignments in the form of essays, reports, reflective reviews, and presentations.

Classes & Venue

One class a week, on Tuesdays 9:30am to 12:30pm
12 total sessions. Classes take place at EDAS Learning Centre,
54A Ashley Road, BH14 9BN.



Testimonials from past students and external verifiers

"I want to express how much I enjoyed and learned this morning. I definitely will be back to attend more courses!"

"I can't thank EDAS enough for the fabulous training opportunity and the knowledge and confidence this course has given me. I am now applying to University to be a Social Worker."

"EDAS training should be a legacy for other providers to follow."

| Unit No. | Session Title | Level |
|----------|---|-------|
| 1 | Introduction to Therapeutic Skills & Approaches | 3 |
| 2 | Introduction to Therapeutic Skills & Approaches 2 | 3 |
| 3 | Creating a Therapeutic Alliance | 3 |
| 4 | Assessments & Care Planning | 3 |
| 5 | Relational Listening Skills | 3 |
| 6 | Drug & Alcohol Awareness | 3 |
| 7 | Trauma Informed Care | 3 |
| 8 | Understanding Shame | 3 |
| 9 | Therapeutic Problem Solving Techniques | 3 |
| 10 | Safeguarding | 3 |
| 11 | Attachment Theory | 3 |
| 12 | Confidentiality, Diversity & Endings | 3 |

Course Fees

Total course fees: £435

Contact us for further details on payment options.

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