



**Varndean**  
Sixth Form College

# **Adult Education**

## **Counselling Courses**

### **2025-26**

# Welcome to Adult Education at Varndean Sixth Form College

Situated on a beautiful hilltop location with stunning views of Brighton, Varndean Sixth Form College is a highly successful and unique college offering exceptional education for 16-19 year old students.

In addition, Varndean Sixth Form College provides an Adult Education programme offering a range of different level CPCAB accredited Counselling Skills qualification courses to either support a career change you may be looking to pursue, support you back into employment, or simply upskill your existing qualifications.

These popular CPCAB Counselling Skills courses provide a pathway to becoming a qualified counsellor and this industry is forecast to grow 7% by 2027. Most of our counselling tutors are also practising counsellors, who share their expertise and learning experiences to enrich a structured and sequenced curriculum.

Courses range from 10 weeks to 2 years, depending upon the level, and may even be free if you are on a low income or claiming benefits.

To find out more, visit our website at [www.varndean.ac.uk/adulted](http://www.varndean.ac.uk/adulted)

## How to Apply

Online [varndean.ac.uk/adultedom](http://varndean.ac.uk/adultedom)

Call 01273 546 604

Email [study@varndean.ac.uk](mailto:study@varndean.ac.uk)



# Counselling

## Retrain as a Counsellor

Study an accredited CPCAB counselling course part-time within our specialist Adult Education Counselling Department. We offer an accessible and professional route to become a counsellor.

To start the counselling journey, our 10 week **Level 2 Introductory Award** course gives you the basic skills in talking and listening. Students who have no experience in 1-1 support work in their professional roles need to take this course to progress on to Level 2 Certificate.

CPCAB	Day	Date	Time	Fee	Code
Level 2 Award in Introduction to Counselling Skills	Tue	09 Sep-18 Nov	6-9pm	<b>*FREE or £298</b>	X817
Level 2 Award in Introduction to Counselling Skills	Thu	11 Sep-20 Nov	6-9pm	<b>*FREE or £298</b>	X818
Level 2 Award in Introduction to Counselling Skills	Wed	10 Sep-19 Nov	6-9pm	<b>*FREE or £298</b>	X819
Level 2 Award in Introduction to Counselling Skills	Wed	10 Sep-19 Nov	10-1pm	<b>*FREE or £298</b>	X820
Level 2 Award in Introduction to Counselling Skills	Wed	14 Jan-25 Mar	6-9pm	<b>*FREE or £298</b>	Y757
Level 2 Award in Introduction to Counselling Skills	Thu	15 Jan-26 Mar	6-9pm	<b>*FREE or £298</b>	Y758
Level 2 Award in Introduction to Counselling Skills	Tue	13 Jan-24 Mar	6-9pm	<b>*FREE or £298</b>	Y759
Level 2 Award in Introduction to Counselling Skills	Wed	15 Apr-24 Jun	6-9pm	<b>*FREE or £298</b>	Z809
Level 2 Award in Introduction to Counselling Skills	Thu	16 Apr-25 Jun	6-9pm	<b>*FREE or £298</b>	Z810

\* See pg7 for concessionary information and instalment plans

Please note:

- Counselling training is not suitable if you are currently experiencing a state of severe emotional difficulty and/or severe psychological distress. Courses involve experiential elements that will involve some personal disclosure and personal developmental activities.
- it is imperative you are able to start on the first session of the course as the group will be establishing working relationships from the outset. 80% attendance is also compulsory.

Counselling Career Pathway



We're thrilled to share that CPCAB qualifications have achieved National Counselling & Psychotherapy Society (NCPS) recognised qualification status, meaning they provide a clear quality mark and a reassurance that our training meets the standards expected within the counselling and psychotherapy professions. The following qualifications are NCPS recognised:

**CPCAB Level 2 Certificate in Counselling Skills**

**CPCAB Level 3 Certificate in Applied Counselling Skills**

**CPCAB Level 4 Diploma in Therapeutic Counselling**

The Level 2 Certificate is a 30-week course where you will be introduced to the skills of counselling. You will be familiarised with triad work and learn how to reflect on your practice.

CPCAB	Day	Date	Time	Fee	Code
Level 2 Certificate in Counselling Skills	Tue	09 Sep-12 May	6-9pm	* Free or £690	X822
Level 2 Certificate in Counselling Skills	Wed	10 Sep-13 May	6-9pm	* Free or £690	X828
Level 2 Certificate in Counselling Skills (includes Sat 21 Mar & Sat 09 May)	Wed	26 Nov-01 Jul	10-1pm	* Free or £690	X824
Level 2 Certificate in Counselling Skills (includes Sat 21 Mar & 09 May)	Thu	27 Nov-09 Jul	6-9pm	* Free or £690	X823

What our learners are saying about our counselling courses (verbatim comments from 24/25)

Just the right balance of theoretical learning and plenty of opportunities to put this in practice

I would like to highlight the commitment of our tutor. They support our learning, wellbeing and offer appropriate challenge.

I enjoyed the course and will take the next level

Thank you, the tutor changed our lives!

A good experience with excellent teaching

\*See pg7 for concessionary information and instalment plans

Our Level 3 course increased from 90 to 150 hours in academic year 2024/25 to meet the new CPCAB framework. The additional 60 hours is spent on employability to support career pathways. Students must have completed a Level 2 Counselling skills course and face to face skills (90 hours guided learning) to be eligible to do this course.

CPCAB	Day	Date	Time	Fee	Code
Level 3 Certificate in Applied Counselling Studies (includes Sat 27 Jun)	Tue	09 Sep-30 Jun	5-9pm	£1,153	X825
Level 3 Certificate in Applied Counselling Studies (includes Sat 27 Jun)	Wed	10 Sep-01 Jul	5-9pm	£1,153	X826
Level 3 Certificate in Applied Counselling Studies (includes Sat 27 Jun)	Thu	11 Sep-09 Jul	5-9pm	£1,153	X827

The Level 4 Diploma in Therapeutic Counselling two-year part-time qualification gives learners the knowledge, skills and competencies to work as a therapeutic counsellor in an agency context in both health care and non-medical settings.

CPCAB	Day	Date	Time	Fee	Code
Level 4 Diploma in Therapeutic Counselling Skills Year 1**	Thu	11 Sep-25 Jun	2.20-8.50pm	Year 1 £3,134	X829

Successful completion of this course means you will be able to provide a therapeutic counselling service, initially within the contact of an agency's service framework but later (with experience and supervision support) may progress to independent practice.

Students are required to do 40 hours of personal therapy (mandatory) and complete a 100 hours of professional practice as a student counsellor in an organisation. Please be aware that if the organisation does not provide clinical supervision, then students are required to find this.

You may be eligible for an Advanced Learner Loan on Level 3 and 4 courses.

Exam fees are included in all of our pricing.

\*See p3 for concessionary information and instalment plans.

\*\* This is a 2-year course and you will be required to pay £3134 for year 1 and £3134 for year 2

## Financial Support and Payment Options

### Concessionary Fees

If you are studying an accredited course at Entry Level, Level 1 or Level 2 you may be eligible for a concessionary fee. If you fall into one of the following categories you will need to complete a self-declaration funding form and provide evidence of your means tested benefit. All evidence must be dated within three months of the course start date.

- Claiming Job Seekers Allowance/Employment Support Allowance or Universal Credit.
- Receiving Universal Credit (UC) and your take home pay as recorded on your UC statement (disregarding UC payments and other benefits) is less than £617 per month (learner is sole adult in the benefit claim) or £988 per month (learner has a joint benefit claim with their partner).
- Earning less than £25,000 annual gross salary. You must provide evidence of your salary.

Go to [www.varndean.ac.uk/adulted](http://www.varndean.ac.uk/adulted) for further information, terms and conditions and refund details. Fees and concessionary rates are correct at the time of publication and are subject to change.

**For general enquiries, please contact us**

01273 546 602

Email: [adulted@varndean.ac.uk](mailto:adulted@varndean.ac.uk)

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