

A photograph of three women in a professional setting. In the foreground, a woman with dark curly hair and a light grey blazer is speaking, gesturing with her hands which have bright pink nail polish and a ring. Behind her, an older woman with short white hair and a blue top with a pink floral design is listening. To the left, another woman is partially visible, holding a document. The background is a bright, out-of-focus window.

cpcab

CPCAB

Let us introduce ourselves

An introduction to CPCAB

We're the Counselling and Psychotherapy Central Awarding Body (CPCAB), the UK's leading awarding organisation specialising in counselling. Established in 1993 as part of the Counselling Psychology Services Group (CPS), our vocational and technical qualifications are offered in over 200 training centres and 400 locations throughout the UK and overseas. Over 15,000 learners study for our qualifications each year.

Who are we?

In the UK, we're regulated by **The Office of Qualifications and Examinations Regulation (Ofqual)**, **The Council for the Curriculum, Examinations & Assessment (CCEA)** and **Qualifications Wales**. These are the public bodies responsible for regulating qualifications in England, Northern Ireland and Wales respectively.

We design, develop and award qualifications to recognise learners' knowledge, skills and competences. We do this through assessment and quality assurance processes that are valued by employers, learners and stakeholders.

As the only awarding organisation run by counsellors for counsellors, we're uniquely placed to support our centres, tutors, and their learners. We have a team of experienced subject experts who offer support via email, phone, and video. This service extends to helpful resources which are produced in-house by our Digital Content Team.

Our success is based on our commitment to developing competent counsellors and our practical experience of counselling gives us a rare ability to design and support qualifications in this and related fields.

Our philosophy

We recognise that we're all different and diverse. We all have a responsibility to work hard to truly listen and understand one another. We value the emotional, spiritual, and somatic sides of ourselves as highly as the rational.

We're genuinely caring of and committed to the people we're working with. We recognise the heavy responsibility this brings because we value it so highly. We understand that our practice is founded on intimate relationships and that, in turn, our training is founded on intimate relationships. It helps us learn in moments of difficulty by being our true, authentic selves.

We mean what we say, and say what we mean, truly walking our talk.

Read our...

[Company Philosophy](#) 

"Qualifications that change lives"

Our vision

We aim to provide a range of world class qualifications and services delivered competently and creatively, which engage and prepare every learner to be compassionate, safe, and effective practitioners. This vision underpins all our strategic decisions, defined through five strategic development processes.

- 01 Technology:** We're building a dynamic, hybrid organisation by integrating powerful technologies in all that we do.
- 02 Launch:** We're developing our product portfolio by launching new qualifications and services.
- 03 Quality:** We continuously improve the quality of our qualifications and services to ensure they support the growth of competent practitioners for the workplace of tomorrow.
- 04 Wellbeing:** We nurture our staff by supporting development of their knowledge, skills, collaborative working and wellbeing.
- 05 User-friendly:** We nurture our centres by providing user-friendly resources and support services.

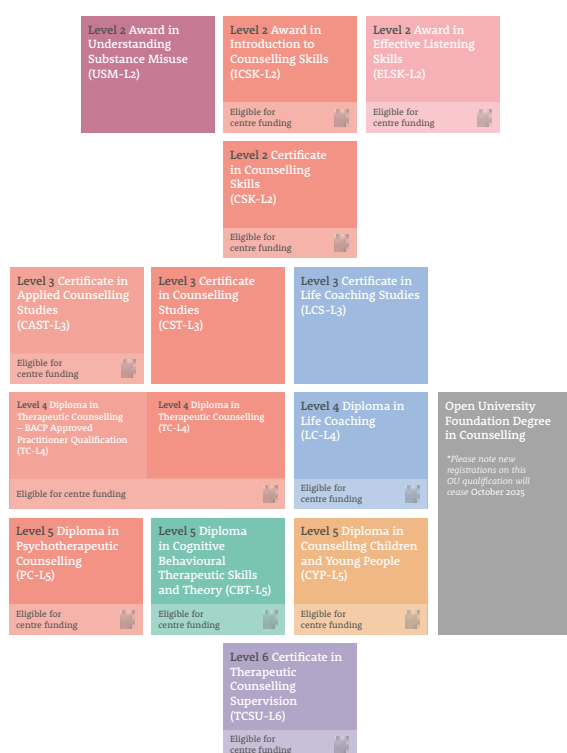
What makes our qualifications unique

We created our own CPCAB model of helping work and counselling practice. It's a generic model applicable to all the theoretical approaches and it underpins most of our qualifications.

The model integrates key contemporary research from both the counselling field and other disciplines. Importantly, it focuses on clients and their problems, rather than the different counselling approaches. It also aims to be learner-friendly whilst describing the complexity of helping work and counselling practice.

All our regulated qualifications are underpinned by the CPCAB model. They're structured to form a clear and coherent progression route to becoming a qualified counsellor.

Furthermore, we provide post-practitioner qualifications, including a **Foundation Degree in Counselling** with the **Open University**. For centres wanting to deliver specialised training for specific learner groups, **Tailor Made Qualifications**, some of which are taught across different continents.



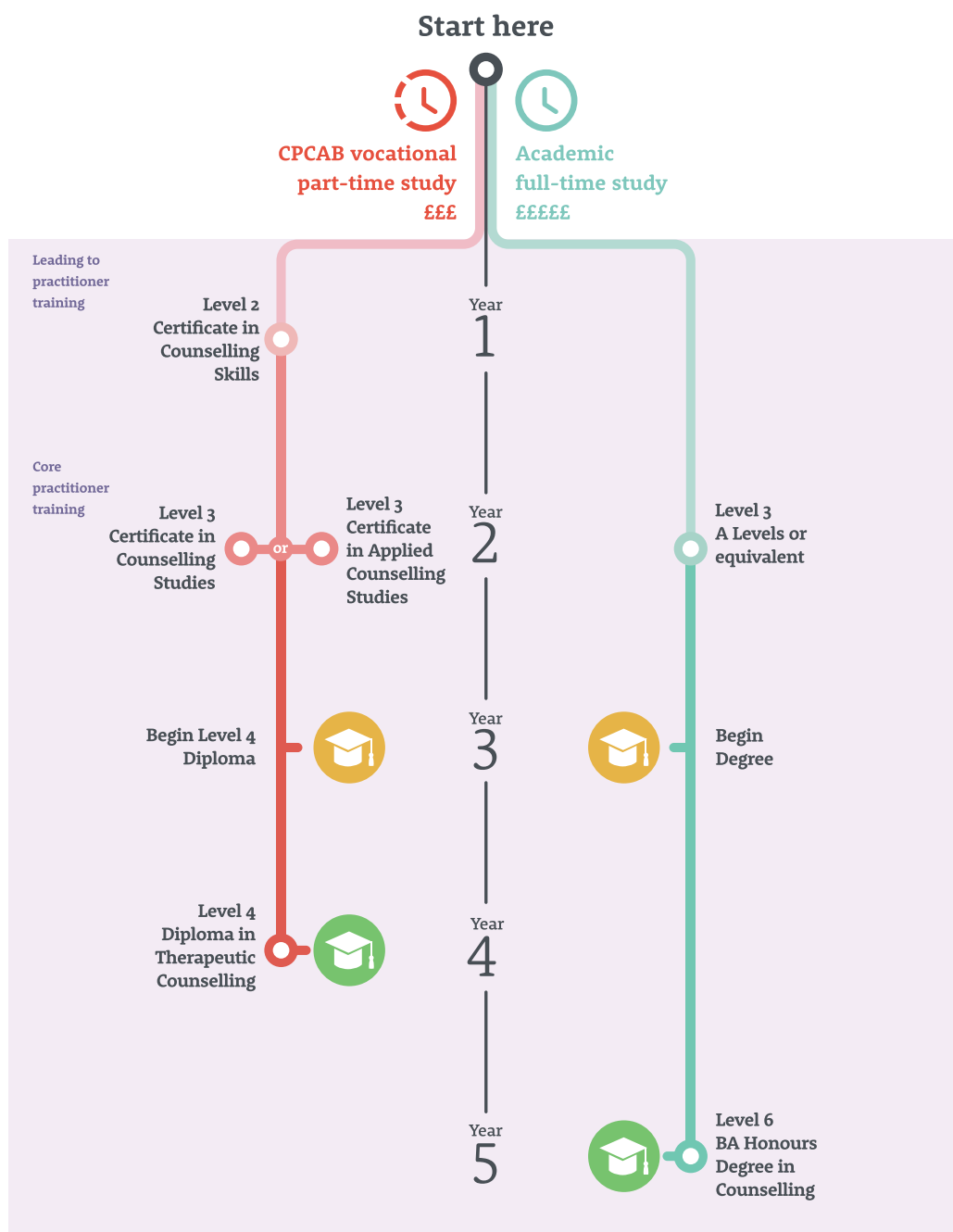
View our...

Qualification Progression Route



Plan your journey to becoming a qualified counsellor

This infographic compares two common training routes and teaching timeframes that meet the requirements of accredited registers for counselling: The part-time CPCAB progression route and the full-time BA Hons Degree in Counselling.



Key information



You are now in practitioner training. You are eligible to apply for student membership with recognised professional membership associations, e.g. BACP, NCPS, ACC.



You are now a qualified counsellor. You can apply to join an accredited register, e.g. BACP, NCPS, ACC. You can continue your studies, work towards accreditation and work as a counsellor.

Other training routes are available

For more information visit: www.cpcab.co.uk

Our international work

CPCAB's international community includes training centres in Pakistan, Gibraltar, Zimbabwe and Dubai.

In **Pakistan** there is no professional body for the therapy sector so the two CPCAB centres there offer a pathway that prepares students to work therapeutically with clients in a safe and ethical way.

The centre in **Zimbabwe** focuses on developing Afrocentric Counselling Training, working in postnatal and parenting counselling.

In **Dubai**, a centre offers a Level 6 Diploma in Creative Therapeutic Practice with Children and Young People which was developed to fill a gap in creative interventions in the country.

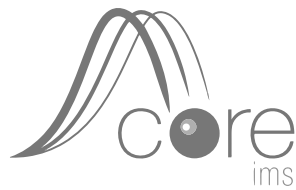


Our collaborative work

We work with **The British Association for Counselling and Psychotherapy (BACP)** in two ways to ensure our regulated qualifications lead to professional membership of their accredited register. Firstly, we mapped our practitioner training to BACP's new Online and phone therapy training and practice standards. Secondly, we offer the BACP Approved Practitioner Qualification which provides learners with a faster way to join the BACP register when they complete their CPCAB qualification.

bacp | counselling
changes lives

We contribute to the **The Open University's Foundation Degree in Counselling**, with four of our regulated qualifications at levels 4 and 5 forming modules of the degree. Extending this partnership, we're developing two modules/courses in online counselling which will also form part of a new Open University Degree in Counselling.



We work with two of the UK's leading mental health charities, **Relate** and **Place2Be**, to develop and accredit a range of Tailor Made Qualifications for relationship counselling, and working with children and young people.

Relate



With Norway-based **Norse Feedback** and UK-based **CORE IMS**, we're working to introduce 1st and 2nd generation clinical feedback systems into practitioner training. We have developed a programme of CPD for tutors and are supporting the development of a Tailor Made Qualification.



The team behind CPCAB

We're a team who are ready to answer your questions. We're made up of experienced, practicing therapists who have taught counselling qualifications. We have an intimate understanding of the sector, so we understand its needs. It's one of the reasons we can ensure our qualifications support competent and safe practice, because we believe counselling changes lives for the better.

Our team structure is divided into two distinct areas: Business and Qualifications. They are integrated in every aspect, with the Business team supporting the Qualifications team through a shared services model for key functions. These two teams enable the business to respond efficiently to both internal and external challenges.

The Business team comprises of key services such as HR, Facilities Management, IT, Finance, Marketing and Operations. It's further bolstered by our specialist Digital Content Team which creates videos, graphics and animations to resource and support the organisation.

The Qualification Service is subdivided into a Standards team and a Counselling Qualifications Professionals team, all of whom work with high levels of collaboration and support.

Ensuring quality

We use key quality assurance activities to ensure our qualifications are delivered and assessed to national standards at recognised training centres. These include:

- **Checking** the robustness of centres' internal assessment processes to ensure they meet qualification requirements through our Centre Assessment Standards Scrutiny (CASS) strategy.
- **Verifying** the work and assessment decisions of centres and their tutors via a national network of External Verifiers.
- **Standardising** the way tutors assess our qualifications using support documentation and annual standardisation events, offered both remotely and in person at venues around the UK.

Our added value

Resources

CPCAB Portal

Our Portal is a customer management system that supports centres from administration of registrations through to certification. It also provides tutors with resources to support their teaching.

Youtube Channel

In partnership with the [Counselling Channel](#), our Digital Content Team make video resources to aid learners and practitioners in counselling, psychotherapy, and related fields. They specialise in filming real client sessions sensitively and ethically. In addition, we offer videos to support our centres, tutors, and learners on [our YouTube channel](#).

Videos include guides for learners covering topics such as what to consider when choosing a qualification, the importance of quality training, why learners should train within a regulated framework and how our qualification progression route equips learners with the knowledge, skills, and self-awareness to become effective practitioners.

Document resources

We've produced many resources including qualification delivery documents and templates, illustrations and diagrams which are free for our tutors and centres to download and use in their teaching, presentations, and course marketing.

Newsletter and updates

We provide regular newsletters and news updates about changes to the educational landscape, as well as general information pertinent to the education and counselling sectors.

Centre Finder

Our centre finder on our website helps learners find [CPCAB recognised centres](#) that meet their requirements, with options to filter listings by training type (online or face-to-face) or qualification.

Support Groups

The CPCAB Tutor Community Group is a [safe, supportive space for tutors](#) to engage with one another and with CPCAB. This is a collective group with a wealth of experience and knowledge, a great place to network and share ideas.

The Diversity Sangha Group allows tutors to explore diversity biases and triggers and consider how we can support learners to do the same.



Our books

We've authored two books to support CPCAB learners studying for our Counselling Skills, Counselling Studies or Therapeutic Counselling qualifications. Published by SAGE, they present information in a supportive conversational style.

Counselling Skills and Studies Book - 2nd Edition

Counselling Skills and Studies is a book for anyone wanting to learn counselling skills or embarking on their first stage of training to be a counsellor. It provides an ideal 'way-in', showing learners what counselling is all about.

[Purchase from SAGE Publishing](#)

A Student's Guide to Therapeutic Counselling Book

The Student's Guide to Therapeutic Counselling is an ideal support text for learners on courses such as our Level 4 Diploma in Therapeutic Counselling, or similar practitioner level training.

It includes chapters on finding a placement, seeking personal counselling, and how to integrate your theoretical model into your real world counselling practice.

[Purchase from SAGE Publishing](#)





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