

## CST-L3 Quick Reference Criteria

<b>Qualification number:</b>	600/5104/8
<b>Level:</b>	3
<b>Guided Learning Hours:</b>	90
<b>Credit value:</b>	20
<b>Learning outcomes: (skills, knowledge, understanding) The learner will/will be able to:</b>	<b>Assessment criteria (to assess learning outcome) The learner can:</b>
1. Prepare to work within an ethical framework for counselling	1.1 Apply understanding of an ethical framework to counselling practice sessions 1.2 Explain the importance of working within limits of proficiency 1.3 Describe the ethical, legal and procedural framework in which an agency operates 1.4 Demonstrate understanding of client assessment and referral in an agency setting
2. Understand the counselling relationship	2.1 Explain the nature and constraints of the counsellor role within different settings 2.2 Establish and sustain the boundaries of the counsellor role in counselling practice sessions 2.3 Explain how the counselling relationship contributes to the counselling work 2.4 Manage the stages of the counselling relationship
3. Understand difference and diversity issues to develop empathic understanding	3.1 Identify and reflect on diversity within personal relationships 3.2 Identify and reflect on a range of diversity issues in the wider social context 3.3 Apply awareness of diversity issues to enhance empathic understanding
4. Work within a user-centred approach to counselling	4.1 Establish the client's needs and expectations when agreeing to work together 4.2 Maintain the focus on the client's agenda and needs
5. Use counselling theory to develop self-awareness in counselling practice	5.1 Use counselling theory to understand own personality 5.2 Use counselling theory to understand own personal history 5.3 Use counselling theory to understand own relationships 5.4 Evidence how self-awareness contributes to the ability to empathise with others

<p>6. Understand theories of counselling and mental health</p>	<p>6.1 Explain why theory is important in counselling work</p> <p>6.2 Describe the main theoretical approaches to counselling</p> <p>6.3 Use counselling theory to understand the client</p> <p>6.4 Explain the nature of common mental health problems</p> <p>6.5 Describe how counselling can promote positive mental health</p> <p>6.6 Explain why research findings are important in counselling work</p>
<p>7. Use feedback, reflection and supervision to support counselling studies</p>	<p>7.1 Use feedback from others to develop understanding of counselling</p> <p>7.2 Give constructive feedback to other counselling trainees</p> <p>7.3 Describe the nature and use of clinical supervision</p> <p>7.4 Use supervisee skills to contribute to, and learn from, case discussion</p>