



ISLAMIC COUNSELLING "AWAKENING THE HEART"

Islamic Counselling

Prospectus

Vocationally Related Qualification Level 2 Certificate in Counselling Skills (CSK-L2) Part-Time Online 2023-2024

"I really liked our group dynamic. It was nice to see people from all walks of life. This really helped me to feel comfortable."

M. Al B - Secondary School Teacher

"They are role models for what they teach. You understand what they teach because of how they implement what they teach, you are able to taste the sweetness of it. Alhamdulillah, thank you both. May Allah reward you both for the help I am able to give to others because of what you have taught me." S. A. Lawyer

"The incorporation of Islamic concepts from Islamic sources with counselling was very powerful and made a sense which was both common sense and deeply meaningful. I enjoyed the morning reflections, at times they were very powerful and profound" Z.S. Mother

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Overview

Stephen Maynard & Associates are pleased to announce the availability of places on our Level 2 Certificate in Counselling Skills (CSK-L2). This course is aimed at developing helping skills within the Islamic Counselling model.

Trainees learn how to help people with every day problems, and in doing so many students also find that they learn to help themselves.

CSK-L2 is the first of three courses offered by Stephen Maynard & Associates comprising the progression route towards a qualification as an Islamic Counsellor and as with all our courses, the qualification is CPCAB (Counselling and Psychotherapy Central Award Body) accredited and carries 17 credits.

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The Islamic Counselling Model

The Islamic Counselling model developed by Stephen Maynard & Associates derives from Quran, the Sunnah of the Prophet (peace be upon him), and the Islamic Science of the Self.

Since we started delivering this course in 1996, we have developed our model considerably. Our model offers a deep and broad curriculum respected within mainstream practice and in the Islamic Counselling field.

All counselling is employed to enable people to live resourcefully, to live effective lives. Most schools of psychology attempt to do this across psychological and social dimensions of human existence. Islamic Counselling is distinguished from other counselling methods by encompassing not only the physical, psychological and social, but also the spiritual dimension of a person.

Nafsiyat – the Islamic Science of Self

Each counselling model is based on concepts of what it means to be a human being. From these understandings, ideas are derived about what mental health is and how to attain it. In Islamic Counselling, these concepts come from *the Islamic Science of the Self (Nafsiyat)*, derived from *Tassawuf*, an aspect of which is the reparation of the heart. This state is the foundation required to achieve an integrated self, which is a reflection of the *fitra* – the healthy balanced self. Rather than giving advice and empathy alone, what is required of Islamic Counselling is to facilitate the overall development of the person so they develop inner wisdom and strength.

“such a magical atmosphere – cannot help but feel inspired” G. L. – University Lecturer

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Course Details

How the training works

Our training is experiential. Experiential training involves learning by doing, which means that trainees are clients for each other's work in the development of their skills and knowledge. This work is supported by traditional tuition, reading and assignments. Trainees are required to develop a portfolio of evidence that demonstrates their competence. Portfolios include documentary evidence such as learning reviews, assignments and tutor observations.

Becoming a Counsellor and CPCAB accreditation

All our qualifications are accredited by the Counselling and Psychotherapy Central Awarding Body (CPCAB). The CPCAB (www.cpcab.co.uk) is a specialised qualification awarding body.

Individual training organisations like Stephen Maynard & Associates develop original courses that must meet stringent criteria before CPCAB accreditation is given. This accreditation then means that our courses represent a nationally recognised vocational training route in counselling and helping work approved by the QCA and thus included in the National Qualification Framework. Furthermore, our courses are endorsed by the National Training Organisation (ENTO) and have been developed with reference to guidelines from a range of sector bodies. This means that our courses are recognised by employers, and trainees who successfully complete our qualifications in Islamic Counselling up to Level 4 (Diploma in Therapeutic Counselling, TC-L4) are eligible to work in a counselling capacity within the NHS and/or counselling agencies.

"I have learned that self reflection is very important; the more we look at our past, the easier it becomes to let go of the hurt and move forward." R.L. – Business Mindfulness Coach

CPCAB Vocationally Related Qualifications and BACP counsellor accreditation

The British Association of Counselling and Psychotherapy (BACP, www.bacp.co.uk) accreditation is widely recognised by employers as a benchmark of professional competence for individual counsellors. Trainees who have acquired the CPCAB Diploma in Therapeutic Counselling (TC-L4) such as ours are eligible to apply for BACP Counsellor Accreditation. For further information see [CPCAB's FAQ's on Becoming A Counsellor](#). This course (CSK-L2) is the first of three courses offered by Stephen Maynard & Associates comprising the progression route towards the Diploma.

What advice would you give to people coming on this course?

From a student:

*“Be ready to get closer to Allah, be open minded, open hearted,
non-judgemental, accepting of yourself and others,
prepare to reflect, prepare to become more self-aware, be honest,
prepare to be accept Oneness, prepare to be present mentally and physically,
be prepared to share, don't expect perfection from yourself or anyone else,
be prepared to seek knowledge, be prepared to read and learn.*

Complete your journals on a weekly basis.”

The CPCAB model of counselling

CPCAB has developed a working model that underpins all CPCAB qualifications. One key aspect of the CPCAB model is that there are seven processes at work in counselling and supervising situations. The seven processes are:

1. Safety: Both feet on the ground.
2. Relationship: A helping hand.
3. Difference and diversity: An empathic eye.
4. Service-user centred: A listening ear.

5. Self-awareness: Emotional intelligence.
6. Understanding and skills: Using right and left brain
7. Self-reflection: Digesting your learning.

Course Structure

As with every CPCAB accredited qualification, our Level 2 Certificate in Counselling Skills (CSK-L2) has seven units, which are based on the seven processes in the CPCAB model. You must be determined to be proficient in both internal assessment (by your tutor) and external assessment (by CPCAB) to achieve the qualification. The individual units of this course are:

UNIT	DESCRIPTION
1. Use counselling skills ethically and safely	This unit looks at the adab (courtesy, approach) of the helper in relation to values that are essential in Islam and counselling. We focus on using client scenarios to enable participants to consider how to ensure safety for both helper and helpee in the context of Shariah and The British Association of Counselling Code of Ethics.
2. Manage helping interactions	This unit considers Trustworthiness and Taqwa (cautious awareness through the importance of confidentiality for clients, and the maintenance of boundaries within a helping setting).
3. Communicate empathic understanding	Empathy is a subtle grace that comes from a true connection with other human beings. In this unit we consider how difference and diversity on the one hand, and empathy on the other, are two sides of the same coin. Both derive from essential Tawhid (unity) which permeates all of existence. We work in pairs to look at counselling skills that enable the practical application of these understandings and ways of working with perceptions that condition our thoughts and actions in the context of helping others.
4. Manage an active listening space	This unit focuses on understanding and practising how to create psychological and spiritual 'space' – through presence (Huzoor) and understanding.
5. Use self-awareness to facilitate helping work	Self-awareness is the basis through which the Islamic Counsellor practises their craft and the way in which participants can come to a greater understanding of their own interactions and how these influence and condition our perceptions. We work experientially to consider relationships and personal history.

6. Use counselling skills in a consistent and logical way	This unit involves learning and using the skills that make the helpee feel helped and heard – this involves listening, paraphrasing, reflecting, and knowing what to use when.
7. Use study skills to help manage learning	This unit is about demonstrating the understanding that it is through Niyyat (intention) and using feedback positively, that learning occurs.

Entry requirements

Trainees need to:

- Be over the age of 19.
- Have sufficient command of written and spoken English to cope with the syllabus.
- Have an interest in interpersonal work and a sensitivity and understanding of Islam. This does not mean you need to be especially religious or indeed Muslim.
- Not be currently suffering from moderate to severe mental health problems or a recent major life crisis without on-going professional support.
- Be open to people from all walks of life.

Dates and time

Tuition will be held on the following dates and times:

September

2

9

16

30

October

7

14

21

November

4

11

18

December

2

9

16

January

6

20

On each Saturday, there are 2 sessions of 3 hours each. In total therefore, this course involves 90 hours of tuition. Participants are also expected to undertake around 4-6 hours per week of self-study. Attendee should arrive 10 minutes before the scheduled start in order to begin on time. The date for External Assessment is towards the end of the course.

Location

We are currently running all of our courses online. This course will be run on Zoom.

Fees

A non-refundable registration fee of £290 is required by 28th August, before the start of the course.

An *additional* tuition fee of £1005 is required by the 2nd September 2023. This can be paid in full on the first day of the course OR in three instalments of 1) £335 payable on 2nd September 2) £335 on 7th October and one of £335 on 2nd December.

This fee includes course materials but supplementary texts, which are kept to a minimum, are not included. Regrettably we cannot offer funding or concessions. Late fees will not be accepted and trainees will not be allowed to continue with the course and or will be charged late fees. Fees are payable by bank transfer or cash.

Early Bird: A reduced fee of £1260 is available for students who pay the entire cost of the course by 1st August. To access this fee, your application must have been accepted and your funds cleared.

Cancellation Policy

Fees are due in full on enrolment, although it is possible to pay by instalment.

If a student enrolls on a course and withdraws prior to the start of the course, the course deposit is forfeit.

If a student enrolls on a course and withdraws from training after the course has commenced, fees are due in full.

If a student enrolls on a course and is then found to be unsuitable to continue training, fees are due for the modules attended.

How to apply

[You can download our application form from the website](#) or email us at info@islamiccounselling.info for an application form, which you should then return with your registration fee. You will then be informed if your application was successful. Places are limited and awarded on a **first come first served basis**. Closing Date is 28th August

What happens next

Once you have been accepted, you will receive a reading list, and the student handbook, which we encourage you to look at before the course. We also encourage you set aside 2-3 hours a week for study and assignments from till the course end.

“helped me see outside the box and look beyond allowing me to understand my heart.”

M.C. Mother