



**ISLAMIC COUNSELLING**  
 "AWAKENING THE HEART"

**Level 2 Certificate in Islamic  
 Counselling Skills**

CSK-L2 | CPCAB Accredited | Part-Time Online | 2026–2027



**Who is this course for?**

This course is for anyone who wants to listen better, support others more deeply, and grow as a person — through the lens of Islamic values and wisdom.

**Aspiring  
 Counsellors**

Your first step on the accredited path to becoming a qualified Islamic Counsellor.

**Professionals**

Teachers, managers, healthcare workers, community leaders — anyone whose role involves supporting people.

**Community &  
 Family**

Develop the skills to show up for the people who matter most in your life.

**Spiritual Seekers**

Deepen your self-awareness and connection to your fitra — your natural, balanced self.

*"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

*"The incorporation of Islamic concepts with counselling was very powerful — it made sense both as common sense and as something deeply meaningful."* — **Z.S.** — Mother

## About This Course

### Develop real skills. Grow as a person. Make a difference.

The Level 2 Certificate in Islamic Counselling Skills (CSK-L2) teaches you how to genuinely help people with everyday problems — and in doing so, many students find they also discover new understanding of themselves.

This is the first course in our three-course progression towards becoming a qualified Islamic Counsellor. But you don't have to be aiming for a counselling career to benefit — the skills and insights from this course are valuable for everyone.

The course is fully accredited by the Counselling and Psychotherapy Central Awarding Body (CPCAB), carries 17 credits, and sits within the National Qualifications Framework. It is delivered entirely online via Zoom.

### The Islamic Counselling Model

Islamic Counselling integrates the physical, psychological, social, and spiritual dimensions of a person — drawing from the Quran, the Sunnah of the Prophet (peace be upon him), and the Islamic Science of the Self (Nafsiyat).

Developed by Stephen Maynard & Associates since 1996, our model is respected both within mainstream counselling practice and across the Islamic Counselling field. Rather than offering advice and empathy alone, Islamic Counselling facilitates the development of inner wisdom and strength, working towards an integrated self — a reflection of the fitra.

#### EXTERNAL VERIFICATION REPORT 2025/26

*"Without doubt the model of integration here, that brings spiritual belief to therapeutic practice, is an example of excellent practice. The centre describes the awakening heart in this work and it is describing lived experience. This is not really just what tutors believe, it is who they are and how they live."*

*"They are role models for what they teach. You understand what they teach because of how they implement it. May Allah reward you both for the help I am now able to give to others."*

— S.A. — Lawyer

## How the Training Works

### Learning by doing — with heart.

Our training is experiential. Rather than just listening to lectures, you learn by practising: trainees take turns as both helper and client for each other's work. This means the learning is immediate, personal, and genuinely transformative.

Classroom learning is supported by reading, reflective journalling, and written assignments. You will build a portfolio of evidence throughout the course that demonstrates your growing competence.

#### What to expect each week

Live online sessions via Zoom (cameras on, please)

Small group and paired practice

Reflective journalling and self-study

Tutor observation and feedback

Approximately 4–6 hours of self-study per week

*"Such a magical atmosphere — cannot help but feel inspired."*

— G.L. — University Lecturer

## What You Will Learn

Every CPCAB-accredited qualification is built around seven core processes. Each unit of this course addresses one of these processes, woven together with Islamic concepts and practice.

#	Unit Title	What You Will Explore
1	<b>Use counselling skills ethically and safely</b>	The adab (courtesy and approach) of the helper — values essential in both Islam and counselling. Safety for both helper and helpee within Shariah and the BACP Code of Ethics.
2	<b>Manage helping interactions</b>	Trustworthiness, taqwa, and the importance of confidentiality and clear boundaries within a helping relationship.
3	<b>Communicate empathic understanding</b>	How empathy and difference are two sides of the same coin — both rooted in tawhid (unity). Practical skills for working with perception and conditioned thinking.

<b>4</b>	<b>Manage an active listening space</b>	Creating psychological and spiritual space through presence (huzoor) and deep understanding.
<b>5</b>	<b>Use self-awareness to facilitate helping work</b>	How your personal history and relationships shape your interactions — and how to use this awareness in service of others.
<b>6</b>	<b>Use counselling skills consistently</b>	The practical toolkit: listening, paraphrasing, reflecting, and knowing what to use and when, so the helpee feels genuinely heard.
<b>7</b>	<b>Use study skills to support learning</b>	Using niyyat (intention) and feedback as the foundation for growth and learning throughout the course.

## Your Journey to Qualification

This course is part of a full progression route to becoming a qualified Islamic Counsellor.

<p><b>Level 2 — This Course</b>  <b>Certificate in Islamic Counselling Skills (CSK-L2)</b>          Develop foundational helping skills and self-awareness. 17 credits.</p>	<p><b>Level 3</b>  <b>Certificate in Islamic Counselling Studies (CS-L3)</b>          Deepen your theoretical and practical knowledge. Progress towards practice.</p>	<p><b>Level 4</b>  <b>Diploma in Islamic Therapeutic Counselling (TC-L4)</b>          Qualify as a counsellor. Eligible to work in NHS or agency settings, and to apply for BACP accreditation.</p>
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Graduates of the Level 4 Diploma are eligible to apply for individual accreditation with the British Association of Counselling and Psychotherapy (BACP) — the benchmark of professional competence for counsellors, recognised by employers including the NHS.

## Practical Information

### Dates & Times

All sessions run on Fridays and Saturdays, 9:30am – 12:30pm (3 hours per session). Please arrive 10 minutes before the start with your camera on.

Month	Session Dates	Sessions
September 2026	12–13, 19–20	1–2

October 2026	3–4, 10–11, 17–18, 24–25	3–6
November 2026	7–8, 14–15, 21–22, 28–29	7–10
December 2026	5–6, 12–13, 19–20	11–13
January 2027	9–10, 16–17	14–15

The course comprises 15 weekend sessions (30 sessions total), amounting to 96 hours of tuition. Add 4–6 hours of self-study per week for reading, journalling and assignments.

## Location

This course is delivered entirely online via Zoom. You will need a reliable internet connection, a webcam, and a quiet space where you can engage fully.

## Fees

### Early Bird Offer

Pay the full course fee by 1st August 2026 and save £70.

**Early bird total: £1,300 (standard total: £1,370)**

<b>Registration deposit (non-refundable)</b>	£290 — due before the course starts
<b>Tuition fee (standard)</b>	£1,080 — due by 12th September 2026
<b>Instalment option</b>	3 × £360: due 12 Sept, 17 Oct, 12 Dec
<b>Early bird (full payment by 1 Aug)</b>	£1,300 total (includes deposit)
<b>What's included</b>	All course materials
<b>What's not included</b>	Supplementary texts (kept to a minimum)
<b>Payment method</b>	Bank transfer only

We regret that we are unable to offer funding or concessions. Fees must be paid on time — late payments will result in suspension from the course or a late payment charge.

## Cancellation Policy

- If you withdraw before the course starts: the registration deposit is forfeit.
- If you withdraw after the course has started: the full fee remains due.
- If you are found unsuitable to continue: fees are due for modules attended.

## How to Apply

### Ready to take the first step?

Places are limited and offered on a first come, first served basis. The closing date for applications is 1st September 2026.

#### To apply:

1. Download the application form from our website, or email [info@islamiccounselling.info](mailto:info@islamiccounselling.info)
2. Return your completed form with your £290 registration deposit
3. We will confirm whether your application has been successful
4. Once accepted, you will receive your student handbook and reading list

We recommend setting aside dedicated time each week for reading and assignments from the moment you receive your materials. The more you bring to this course, the more you will take from it.

*"Be ready to get closer to Allah. Be open-minded, open-hearted, non-judgemental. Be prepared to reflect, to become more self-aware, and to accept the Oneness that connects us all."*

— Advice from a former student

*We look forward to welcoming you.*

[info@islamiccounselling.info](mailto:info@islamiccounselling.info) | [www.islamiccounselling.info](http://www.islamiccounselling.info)