



ISLAMIC COUNSELLING
"AWAKENING THE HEART"

Islamic Counselling Prospectus

**Vocationally Related Qualification Level 3 Certificate
in Counselling Skills (CST-L3)
Part-Time
March 2026-July 2026**

Combining Theory and Practice

Entry Requirements

Level 2 CPCAB or equivalent (must include practical components)
Written Application and Interview

Introduction

Dear Prospective Student

Please find further information on our course. This document is the prospectus. You can find the [application form for this course](#) on our website. Our application form is designed to help us to see if the course is appropriate to you. If you would like any further help with it, please do [contact us](#).

Our Level 3 course supports the counselling skills taught in Level 2 by providing a detailed theoretical model for Islamic Counselling. It enables the trainee to gain a clear framework of the self and self-development in which to apply the skills of Islamic Counselling. It is also accredited into the National Qualifications Framework by the Office of the Qualifications & Examinations Regulator (Ofqual): accreditation number 100/4905/8 and formally supported by Skills for Health (the Sector Skills Council for the UK health sector).

Duration: 34 half days

Start Day/Time:

Attendance is available on a part-time basis, Saturdays and Sundays 9:30am – 12:30pm

Qualification: Certificate

Awarded by: Counselling & Psychotherapy Central Awarding Body

Entry Requirements:

You may be invited to attend an interview however you will also need to have:

- Islamic Counselling CSK-L2

OR

- provide evidence of CSK-L2 previous skills training of approximately 108 hours or have been APL'd by us **and**
- supply a personal reference from someone who is able to vouch for you (not a family member) and who is aware of your commitment to the learning process
- be over the age of 19
- have sufficient command of written and spoken English to cope with the syllabus
- an interest in interpersonal work and a sensitivity and understanding of Islam
NB A psychology degree, although related, is a different discipline to counselling and is therefore not acceptable as an entry qualification for the Level 3.

Course Structure:

In this course you will build on your skills while being introduced to a variety of theoretical approaches.

You will focus on:

- The professional framework of the counsellor
- The counselling relationship
- Client diversity
- The service user-centred approach
- Personal awareness in counselling
- Counselling concepts
- Supervision and self-reflection
- Use self-awareness to facilitate helping work
- Use counselling skills coherently
- Use study skills to help manage learning

The course will:

- Provide you with an introduction to the use and value of supervision and practitioner sessions
- Extend your capacity for empathic understanding and human diversity
- Extend your awareness of practitioner issues such as the management of work with the client and the issues associated with particular counselling sessions
- Develop your capacity for therapeutic responses
- Develop your counselling skills by focusing on each of your particular learning needs; develop your understanding of therapeutic counselling and the use of a professional framework
- Provide you with useful feedback as to your breadth and depth of competence

As part of your study you will have to write a weekly learning review.

Course Assessment:

Is based on attendance, portfolio and class participation, tutor assessment and assignments.

Course Progression:

Upon successful completion of the course, there is an opportunity for you to progress to the Level 4 Diploma in Islamic Therapeutic Counselling. However, progression is not automatic and will be dependant on recommendation from your tutor, (taking into consideration a number of points including attendance and CPCAB guidelines) as well as application and interview.

Together with the CSK-L2, the CST-L3 training course provides a foundation for working informally with helping skills within the Islamic model. These skills can be used to assist people with a number of life problems that are not in need of deeper therapeutic interventions. In addition, these skills can be used as a foundation for training in a variety of related helping professions.

Course Details

As with every CPCAB accredited qualification, our VRQ Level 3 Certificate in Counselling Studies (CST-L3) has seven units, which are based on the seven processes in the CPCAB model. You must be determined to be proficient internal assessment (by your tutor) and pass your case study assessment to achieve the qualification. These seven units are presented over 90 hours of tuition. The individual units of this course are:

UNIT	DESCRIPTION
<p>1. The Professional Framework of the counsellor</p>	<p>Based on the work on <i>Adab</i> (courtesy, approach) of the helper and the British Association Code of Ethics in the previous level of training, this unit embeds practical work within the appropriate frameworks ethically and legally. We also provide an introduction to client assessment and referral. This is about the benefits of working within boundaries and frameworks; seeing them as necessary 'containers' for spiritual development, both the practitioner-in training, and the person they work with.</p>
<p>2. The counselling relationship</p>	<p>This unit is about <i>connection</i>. By learning how to use <i>basira</i> (insights), and staying with and working through challenge, participants learn to facilitate healing through the development of the helping relationship. The more powerful this relationship is, the more responsibility there is to practice safely, so students also start working with more formal counselling contexts.</p>

<p>3. Client diversity</p>	<p>Building on the work in Level Two on <i>tauhid</i>, empathy and diversity, this unit facilitates enhanced reflection. At this level, participants are challenged to develop <i>themselves</i> in the face of difference and diversity, particularly within the Islamic world, and also bring greater awareness and skills to the helping relationship.</p>
<p>4. The service user-centred approach</p>	<p>In this unit, participants learn how to create psychological and spiritual 'space', to not only empty themselves, and witness their work clearly, but also with love. By increasing the depth of reflection on their current practice and their skills, they can open up and manage the counselling space. This allows the individual client the possibility of expressing themselves more profoundly, more vulnerably, more fully, as appropriate to them.</p>
<p>5. Personal awareness in counselling</p>	<p>In this unit, the helper conveys presence (<i>huzoor</i>) and models acceptance in a therapeutic context, which comes through working deeply on self-awareness and balance (<i>mizaan</i>). We introduce the formative aspects of <i>ilm al nafs</i>, and the participant is enabled to develop that understanding of the self to their own personality, their experiences of personal relationships, and their personal history. This also enhances the participant's ability to work with difficult issues and to empathise with others.</p>
<p>6. Counselling concepts</p>	<p>In this unit participants develop their understanding of the Islamic Counselling model of the Self (<i>nafsiyat</i>) and of the Islamic counselling process in practice. Other counselling models are also introduced (such as client-centred, psychodynamic and CBT,) so participants can see commonalities and differences, and can</p>

	contextualise their work with practitioners from other disciplines. Participants also explore mental health and common mental health problems through the lens of Islamic Counselling.
7. Supervision and self-reflection	This unit builds on work carried out in Units 1 and 4 to facilitate the participant's ability to formally review their work in a clear framework through supervision and case study review. Participants develop their skills in giving and receiving clear counselling feedback as part of the process of developing their clinical work.

Additional Information:

Applicants should be aware that the qualification is not suitable for those who are currently in a state of severe emotional difficulty and/or severe psychological confusion or affected by jinn as this course can and does often bring up uncomfortable feelings as students are required to explore their past and present.

Attendance

Tuition involves 16 days (32 half days) on which tuition will be held, and one student review day for tutorials.

Date

March 2026

- **Sat 28 Mar**
- **Sun 29 Mar**

April 2026

- **Sat 4 Apr**
- **Sun 5 Apr**
- **Sat 11 Apr**
- **Sun 12 Apr**
- **Sat 18 Apr**
- **Sun 19 Apr**
- **Sat 25 Apr**
- **Sun 26 Apr**

May 2026

- **Sat 2 May**
- **Sun 3 May**
- **Sat 9 May**
- **Sun 10 May**
- **Sat 23 May**

- Sun 24 May
- Sat 30 May
- Sun 31 May

June 2026

- Sat 6 Jun
- Sun 7 Jun
- Sat 13 Jun
- Sun 14 Jun
- Sat 20 Jun
- Sun 21 Jun
- Sat 27 Jun
- Sun 28 Jun

July 2026

- Sat 4 Jul
- Sun 5 Jul
- Sat 11 Jul
- Sun 12 Jul
- Sat 18 Jul
- Sun 19 Jul

On each of these days, there will be 2 sessions of 3 hours each. In total therefore, this course involves around 100 hours of tuition. Participants are also expected to undertake around 4 hours per week of self-study.

Tuition on these dates is from 9.30am – 12.30pm sharp on Saturdays and Sundays. Attendee should arrive 10 minutes before the scheduled start to begin on time.

Attendance of tuition sessions, with camera and video on is essential. It is also expected that participants will commit to approximately four hours of self-study per week for the duration of the course. All sessions will be run remotely and participants are expected to ensure they are in a confidential uninterrupted space, with secure and steady internet access.

Fee: By February 14th 2026.

A non-refundable registration fee of £390 is required before the start of the course by March 14th 2026. An additional tuition fee of £1095 is required by 28th March. This can be paid in full on the first day of the course or in three instalments **£365 on 25th April, £365 on 25th May and £365 on 25th June.** This fee includes course materials but supplementary texts, which are kept to a minimum, are recommended and are additional. Regrettably we cannot offer funding or concessions. Late fees will not be accepted and trainees will not be allowed to continue with the course. Fees are payable by bank transfer. For cancellation policy, please see our handbook. Should you not complete the course in time, your tutor may agree to extend the date but there are fees for late submission of work and additional tutor time.

Early Bird

Students who pay their full fee by **January 14th 2026** can access an early bird payment of £1,400.

Associated Costs:

The purchase of books used in conjunction with the course.

Location

This course is online.

Applications

Places are limited and are given on a first come, first served basis, so please apply as soon as possible to avoid disappointment. By submitting an application, you are agreeing to tuition attendance and payment of course fees. Applications must reach us by **March 14th 2026**. Completed application forms should be emailed to info@islamiccounselling.info

VRQ Level 3 Certificate in Islamic Counselling Studies (CST-L3) ©