



Information
Pack
2026

CPCAB Accredited Level 5
Post Qualifying
Diploma in Counselling
Children and Young People



Wellbeing
Academy

Course Overview



Dates

Friday 11 September 26

Saturday 12 September 26

Friday 25 September 26

Saturday 25 September 26

Friday 9 October 26

Saturday 10 October 26

Friday 23 October 26

Saturday 24 October 26

Friday 20 November 26

Saturday 21 November 26

Friday 27 November 26

Saturday 28 November 26

Friday 18 December 26

Saturday 19 December 26

Friday 8 January 27

Saturday 9 January 27

Learning Outcomes

- Establish Safe, Ethical and Legal Foundations for Counselling Children and Young People.
- Build and Maintain Effective Therapeutic Relationships with Children and Young People.
- Promote Inclusive Practice for Diverse and Neurodiverse Children and Young People.
- Tailor Counselling Approaches to Meet Children and Young People's Needs.
- Deepen Self-Awareness to Support Therapeutic Practice.
- Integrate Theory and Research into a Counselling Practice.
- Monitor and maintain professional practice and development



Understanding Attachment Theory and Childhood Attachments

We begin the course by exploring one of the key ideas at the heart of working with children and young people — Attachment Theory.

Understanding Adolescent Attachment & The Developing Brain

Then, we focus on the unique challenges and changes that accompany adolescence, as attachments shift and the brain undergoes major rewiring.

Understanding Child & Adolescent Developmental Stages

We examine the key developmental stages that children and adolescents undergo, both physically, emotionally, socially, and psychologically.

Understanding How Play Affects Development and the Power of Storytelling

We explore the powerful role of play and storytelling in childhood development and how these natural, creative processes are central to therapeutic work.

Understanding How to Counsel with Neurodiverse Children and Young People

We'll explore neurodiversity and gain a deeper understanding of how different brain types and ways of processing the world can affect young people's experience.

Understanding Safe Clinical Practices in Child and Adolescent Counselling

We discuss the core principles of safe clinical practice, including confidentiality, safeguarding, and risk management, alongside the importance of clear professional boundaries.

Understanding Trauma and Trauma-Responsive Approaches when Counselling Children and Young People

We examine what trauma is, how it affects the developing brain and body, and the many ways it can manifest in behaviour, emotions, and relationships.





Understanding Vicarious Trauma and the Importance of Self-Care

We will discuss the impact of vicarious trauma, compassion fatigue, burnout, and secondary trauma on counsellors.

Understanding Common Child and Adolescent Mental Health Issues: Depression

You will reflect on your responses to working with CYP, recognise early warning signs of stress, and develop practical strategies for resilience, balance, and ongoing well-being.

Understanding Common Child and Adolescent Mental Health Issues: Anxiety

We will consider how anxiety impacts school life, relationships, and self-concept. You'll learn to differentiate between developmentally expected worries and significant anxiety that interferes with daily functioning.

Understanding Common Child and Adolescent Mental Health Issues: Self-Harm

This module focuses on self-harm as a coping mechanism for distress in children and young people. We will explore its meaning as a form of emotional regulation, communication, or control.

Understanding Common Child and Adolescent Mental Health Issues: Suicidal Ideation

We will examine how suicidal thoughts and behaviours present in children and young people, and how to respond safely and compassionately. We will examine risk factors such as hopelessness, impulsivity, family history, and trauma, as well as protective factors that can encourage resilience.

Understanding the Importance of Helping CYP with Loss, Change, Transitions and Endings

We explore how life changes impact children and young people emotionally, socially, and developmentally. We will consider how to recognise signs of stress or loss, and how to support CYP with empathy and understanding.



Group Project

Working collaboratively is a vital skill for counsellors, particularly when engaging with schools, working in teams, or with social workers and other professionals who support children and young people. This project focuses on developing your ability to work as part of a team, while deepening your knowledge of key counselling topics through research and shared learning.

You and your peers will form small groups to research, design, and deliver a short presentation on a chosen topic related to counselling CYP. This process helps you practice essential skills such as communication, delegation, time management, and public speaking — all of which are valuable in professional practice.



Creative Interventions

This module introduces a range of creative therapeutic techniques designed to help CYP express their feelings, explore experiences, and build resilience in a safe and non-threatening manner. You'll learn how to integrate play and art-based interventions into your counselling sessions, adapting them to meet different developmental needs, abilities, and presenting issues. These approaches can be particularly helpful for children who have experienced trauma, neglect, or whose verbal skills are limited. Importantly, you'll also explore ethical considerations, including consent, safe use of materials, and ensuring that

creative interventions always serve the therapeutic goals of the client. This module is highly practical and experiential, giving you hands-on experience with techniques that you can immediately begin to use in your work.



Group Supervision



As part of this course, you are required to complete 20 hours of placement counselling with children and/or young people.

This can be fulfilled in one of the following ways:

- Working with one client (aged 5–16) for 20 hours, or
- Working with two clients (for example, 10 hours each).

Alongside your placement, you will take part in a group supervision session. This will provide a professional, supportive space to reflect on your practice, share insights, and explore challenges with peers and your supervisor.

Structure of Group Supervision

- You will be allocated 30 minutes to present your client work.
- You may choose to present a single session, an emerging theme, or a difficulty you are experiencing.
- The focus is on reflection and exploration, not finding the “right” answers.

Supervision is also a key space for professional identity development. You will be encouraged to:

- Reflect on how your placement work contributes to your competence as a CYP counsellor.
- Consider how your experiences align with the BACP Competency Framework.
- Identify gaps in knowledge, skills, or confidence.





ASSIGNMENTS AND ASSESSMENT CRITERIA

Throughout this course, you will complete a range of assignments and assessments designed to demonstrate your learning and professional development.

Each assignment relates directly to the assessment criteria, ensuring you can evidence your knowledge, skills, and reflective practice.

You are not expected to meet every criterion in every assignment — different tasks will address different areas. Together, your assignments will build a complete picture of your competence as a Child and Adolescent Counsellor.

Reflective Journal

You are required to keep a reflective journal throughout the course. You are encouraged to reflect as fully as you wish on your personal and professional learning experiences.

A section of your writing will be submitted to meet selected criteria.

Group Exercises

During training days, you will take part in small and large group exercises and experiential activities. These are opportunities to practise counselling skills, explore theory in action, and reflect on your learning with peers.

You may also draw on these experiences when writing your case studies or reflective assignment.

Online Assessments

At the end of each training day, you will complete a short online knowledge assessment (Google Forms). These assessments check your understanding of the day's learning and allow you to demonstrate knowledge against specific criteria.

Written Case Study

As part of your supervised placement, you will complete a written case study on a child or young person you have worked with (minimum 10 hours). The case study will explore their context, your therapeutic approach, progress made, and your reflections. It will be assessed against specific criteria to ensure you can demonstrate integration of theory and practice.

Supervision Engagement

Although not a written assignment, your participation in group supervision forms part of your assessment. You are expected to present your client work, reflect on your practice, and engage with peers in discussion.