

ABC Awards – a guide to our Health and Social Care VRQs



ABC Awards (ABC) suite of Health & Social Care vocationally related qualifications are aimed at candidates across all levels and abilities. They are all accredited by QCA and therefore eligible for LSC funding.

These qualifications are aimed at a wide target market and provide progression routes through ABC's own portfolio and onto other vocational / national qualifications.

Vocational qualifications give candidates the ability to work individually and as part of a team, be competent in communication, IT and numeracy skills and have vocational experience in a particular sector, giving them the knowledge and skills to succeed in their chosen industry.

Level 2 Certificate in Counselling Concepts

Initially developed by Counselling practitioners, the qualifications have been continually updated to reflect the changes in the Counselling profession. The Counselling Concepts qualification, spread over 8 –10 weeks, provides an introduction to Counselling. The recommended guided learning hours are 30.

Units

- An Appreciation of the Basics of Counselling, the Professional Context and Relationship
- An Introduction to the Skills used by a Counsellor
- An Introduction to Personal Development

Level 3 Certificate in Counselling Skills

This qualification is an ideal course for those using counselling skills within a work setting but not actually counselling, or for those who wish to start their training towards becoming a qualified professional counsellor. Please note however, that throughout the candidates are being trained in the use of Counselling Skills and will **not** be trained counsellors on completion. The recommended guided learning hours are 150. In addition most candidates will need to allow 60 hours for self-study and assignment preparation.

Candidates should have successfully completed the ABC Level 2 Certificate in Counselling Concepts or equivalent.

Units

- Creating a Counselling Skills Professional Framework
- An Introduction to Counselling Theory
- Basic Counselling Skills
- Personal Development and Growth for Counselling

Level 4 Diploma/Advanced Diploma in the Theory and Practice of Counselling (Therapeutic Work)

The Level 4 Diploma/Advanced Diploma may be completed in one year but is usually spread over two and on gaining the qualification, the candidate is qualified to practice as a Counsellor.

Providers may combine the Level 3 Certificate and Level 4 Diploma courses to meet the British Association of Counselling and Psychotherapy (BACP) course recognition criteria. The recommended guided learning hours for the diploma is 430, which includes 100 hours of Counselling Placement and 30 hours of Individual/Group Tutorial time. The recommended guided learning hours for the advanced diploma are 150.

Candidates are required to have successfully completed the ABC Level 3 Certificate in Counselling Skills or have evidence of meeting the equivalent standards, including assessment elsewhere.

Diploma Units

- Professional and Organisational Issues in Counselling
- Counselling in a Diverse Society
- Counselling Theory
- Advanced Counselling Skills
- Self Awareness for Counsellors
- Counselling Specialisms
- Counselling Placement

Advanced Diploma Units

Candidates who successfully complete the Diploma Units plus these additional 2 units will gain the Advanced Diploma.

- Further Therapeutic Interventions in Counselling
- The Practical Application of Theory in Counselling

Level 3 Diploma in Reflexology

This qualification has been produced to satisfy a need for a well-structured vocationally related qualification for practising reflexologists. Public interest in complementary therapies and reflexology in particular, is growing and the demand for reflexology in the workplace continues to grow rapidly. Candidates are required to complete a minimum of 100 guided learning hours.

Units

- Principles and Practice of Reflexology (Knowledge and understanding of subject content)
- Techniques of a Reflexology Treatment (Reflexology skills and techniques)

Level 2 Certificate in Health and Safety in the Workplace

This concise qualification is a flexible programme designed to enable candidates to understand how to operate safely within their working environment. For those candidates wishing to gain accreditation alongside another course of study it offers excellent additionality. This qualification has a recommended minimum of 60 guided learning hours.

Units

- An Introduction to Identifying Hazards and Risk Assessment
- Health and Safety at Work Act 1974
- Fire Legislation and Statutory Instruments Applicable to Health and Safety in the Workplace
- European Legislation Applicable to Health and Safety in the Workplace

Level 1 Certificate in Developing Personal Health and Fitness

The fundamental aim of this qualification is to promote lifelong learning in an enjoyable and accessible way and to encourage people to improve their personal approach to health and fitness and to take part in exercise. The recommended guided learning hours for this qualification are 60.

Mandatory Unit

- Introduction to Healthy Living

Optional Units

- Introduction to Diet and Nutrition
- Introduction to Safe Exercise

Level 2 Certificate in Developing Personal Health and Fitness

This qualification is ideally suited to candidates who have completed the level one qualification, entrants to the sport, fitness, leisure, health and care related industries, school leavers and students in further education seeking a broader curriculum. The recommended guided learning hours for this qualification are 180.

Mandatory Units

- Health, Fitness and Lifestyle
- Diet, Shape and Weight Management

Optional Units

- Introduction to Anatomy and Physiology
- Understanding and Dealing With Stress
- Fitness for Sport
- Safe Exercise
- Developing a Personal Exercise programme

Level 2 Award for School Choice Advisers

This qualification accredits and enables School Choice Advisers to provide independent, impartial, quality advice to parents and carers. It is designed for the 19+ age group who are working as School Choice Advisers. There are no pre-requisites although it is expected that candidates will be actively involved in providing school choice advice to parents and carers. The Award is internally assessed through a portfolio of evidence and the allocated guided learning hours for completion is 10. ABC Awards is developing a level 3 Award for School Choice Advisers based on a more self-evaluative and reflective approach. The Award is made up of one mandatory unit:

Units

- School Choice Advice

ABC Awards (ABC) is a major provider of Vocationally Related, and National Vocational Qualifications in the UK. We work with representatives from Sector Skills Councils, QCA and industry bodies to ensure that qualifications are developed to the standards required for the National Qualifications Framework.

ABC's portfolio contains over 250 accredited qualifications and there is the opportunity for all schools, colleges and training organisations to become approved as centres to offer any number of ABC's qualifications.

ABC has a broad choice of qualifications, from Entry Level to Level 6, all offering stepping stones to success. Each qualification is assessed in a rigorous but user-friendly manner and most are in manageable bites of learning. It is ABC's aim to open up opportunities for students and to widen participation in education.

If you would like further information on any ABC qualifications and services, visit our website or contact the ABC Marketing team at:

e-mail: marketing@abcawards.co.uk

www.abcawards.co.uk

© ABC Awards. All rights reserved.
January 2009