

Level 2 Certificate In Counselling Skills (TQUK)

Ofsted Outstanding Provider

Course Level: Level 2

Campus: Newcastle

Subject Type: Care, Education, Nursing & Midwifery

Course Overview:

Take your first steps into the rewarding world of counselling with this Level 2 course. This qualification will help develop knowledge and skills around counselling by looking at counselling theories, key elements of the main theoretical approaches and will help develop self-understanding and reflect on values and beliefs.

What's Covered:

Our qualification aims to introduce learners to the concept and purpose of counselling, as well as the ethical considerations and skills used in a counselling situation. Successfully completing this qualification will help enable providing support and help to others.

During the online course you will learn:

Unit 1: Using counselling skills

Learn to identify core counselling skills alongside understanding how these are practised in a counselling relationship. Gain an understanding of how to establish an effective working relationship and will consider the boundaries which need to be respected in this sensitive role.

Unit 2: Introduction to counselling skills theories

This unit will introduce key elements of the main theoretical approaches in counselling, psychodynamics, person-centred therapy and cognitive behavioural therapy. There are key practical differences between these theories and you will hone your skills in understanding the significant importance of counselling theory.

Unit 3: Diversity and ethics in the use of counselling skills

This unit covers the concepts of diversity and ethics. Gain an understanding of anti-discriminatory practice, discover the key aspects of an ethical framework, and discover ways to address diversity in counselling skills practice.

Unit 4: Counselling skills and personal development

This unit encourages development of self-understanding, identifying values and beliefs and the ability to reflect on personal qualities and skills.

To complete the Unit 4 assessment, learners will need to demonstrate how they can use core counselling skills in a helping relationship. In order to be assessed carrying out this task, learners must demonstrate particular skills via either; a video recording submission, or an appropriate witness will be needed to observe the learner demonstrating the skills and completing a witness statement.

*An appropriate witness is classed as any person who has relevant experience, knowledge or qualifications in counselling skills. The Skills Network may contact the witness to validate their qualifications and experience.

*Please note that this course is not accredited by BACP and so some further education providers will not accept this course as a precursor to the level 3 course.
If you wish to progress to study at level 3, please enrol on our Face to Face level 2 Counselling Course offered at our Newcastle and Stafford Colleges Group Campus.

Entry Requirements:

There are no formal entry requirements for this course, however you should have a good level of reading and writing skills.

Assessment Information:

This is an online learning course and will require the learner to commit to self study hours in order to complete the assessments.

Each learner will be assessed via interactive online resources and end of unit assessment questions. Assessments must be completed in the agreed timescale and submitted to the assessor who will then provide feedback, advice and guidance, and, additional support where needed.

Progression:

There are further online Level 2 certificates that you may progress to, which include: Caring for Children, awareness of bullying Children, Mental Health First Aid and diversity and Counselling Skills. Alternatively, may wish to progress to our face to face Level 2 Counselling Skills course offering onsite at Newcastle and Stafford Colleges Group.

What else do I need to know?

This course is FREE for adult learners aged 19+ who are UK residents with a valid immigration status for the duration of the course. Please note, if you choose to withdraw from the course, you may be charged a £100 administration fee.

This course is delivered through self-study using interactive software, alongside independent study tasks. Studying online can be challenging, as it requires staying organised, motivated, and managing your own time, but you'll have tutor support to help you stay on track and make progress at your own pace.

How do I find out more?

For further information, please contact our Adult Education Team on 01785 275594 or email adult.education@nscg.ac.uk