

Level 2 Certificate in **Counselling Skills**



Key info

Type of qualification: QCF

Guided Learning Hours: 120

Credit Value: 16

Course overview

Many people find it helpful and empowering to seek the support of counselling at some point in their lives. People in any situation could benefit from counselling, and those with the correct understanding, knowledge and skills can provide them with support to improve personal well-being.

This qualification focusses on key counselling skills to enable learners to provide support wherever it is required. The course gives learners an understanding of various theoretical approaches, as well as covering the importance of a counselling relationship and helpful interaction techniques.



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Who is suitable?

This course does not qualify learners to practice as a counsellor, but is suitable for those who wish to increase their understanding of counselling skills and techniques in order to engage in helpful interaction appropriately. Learners could use this knowledge to complement an existing role, or as a basis for continued study to attain a qualification in this sector.

Learning method

Studying via distance learning means you can choose when and where you study.

This course is available:



Paper-based



Paper-based learning with online assessments.

no exams
just assessments

What you will learn

This course is split into four manageable units:

Unit 1: Using counselling skills

Unit 2: Introduction to counselling skills theories

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

Unit 4: Counselling skills and personal development

Benefits

- Gain a nationally recognised qualification
- Improve your counselling skills to help you create a long-standing career pathway in your chosen industry
- Courses are delivered as distance learning, allowing learners to choose when and where to study
- Personal tutors are assigned to ensure learners have the support needed to succeed.