

Counselling Skills

This FREE on-line 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. Successfully completing this qualification will help enable providing support and help to others.

An appropriate witness needs to be available to complete a witness statement as part of the Unit 4 assessment. Either a film demonstrating particular skills, or an appropriate witness will be needed to complete a witness statement as part of the Unit 4 assessment.

*The witness must hold a qualification in counselling skills and we may contact the witness to validate their qualifications and experience.

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.

Approximate Course Duration – 8 -12 weeks (based on an average of 10-15 hours of self study per week)

This qualification can be completed on either a desk top or mobile phone. There are no specific software requirements needed apart from a stable internet connection. On successful completion you will receive an E-certificate.

Entry Requirements

This course is aimed at those 19 years (as at 31st of the academic year you are applying for) and over.

When applying for one of our free courses you will be asked to supply a copy of your ID, which can be either a passport, driving licence, birth certificate or national identity card. If you were born outside the EU, you must have proof of residency status and you will need to provide a copy for our records. If you have declared you are in receipt of benefits or low wage you will also need to provide us with evidence of this.

Please note whilst there is no limit to the number of free courses you can complete, you can only study one free course at a time.

In some instances fully funded applications are subject to postcode eligibility or prior attainment.

What's Next

Your Options

	Start Date	End Date	Course Level
Counselling Skills (Part Time)			
Online	01/08/24	31/07/25	2

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