



## Counselling Skills Level 2

The aim of this qualification is to introduce the use of counselling skills in everyday life and work, and some of the approaches that underpin the use of these skills while exploring the knowledge and abilities needed to use counselling skills and engage in a helping interaction appropriately.

### What knowledge will be gained?

This course offers an opportunity to increase your understanding and examine own personal development, enhance self-awareness, communication skills and methods as well as their application in various situations while taking into account ethical considerations. This course can support those in a professional or voluntary capacity who wish to develop in a counselling, helping or mentoring role.

### How is the course assessed?

You will receive an information pack and the resource to enable you to give written responses to questions in a work booklet, either handwritten or typed depending on your preference.

### What are the benefits?

- \*Achieve a nationally recognised Level 2 qualification
- \* Further your personal and professional development
- \*Increase your knowledge and awareness
- \*Gain positive working relationships
- \*Improve your interpersonal skills
- \* Learn at a time that suits you without the need to attend college

### What will be studied?

The course is split into 4 units:

#### Unit 1: Using counselling skills

Provides the opportunity to identify and practise a range of skills used when participating in a counselling skills interaction.

#### Unit 2: Introduction to counselling skills theories

Explores the key elements of the main theoretical approaches to counselling.

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

Explores the concepts of diversity and ethics and their importance in the use of counselling skills.

#### Unit 4: Counselling skills and personal development

Provides an opportunity to reflect on their personal and future development and identify potential sources of support.

### Who can apply?

Courses are funded for people who are aged 19 years or over, have lived in England for the past 3 years and who are not currently accessing any other government funded training.

Contact:

Angie Smith  
07944 389077  
[angiecerts4care@gmail.com](mailto:angiecerts4care@gmail.com)

Emma Wright  
07773 945455  
[emmacerts4care@gmail.com](mailto:emmacerts4care@gmail.com)