



Course details

Course title

Counselling

Course code

P00000026

Course date

Start: 01/08/24

End: 31/07/25

How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

Venue

Online

Level of study

Beginners

Course overview

This course focuses on an understanding of counselling and developing practical skills. The importance of counselling for the wellbeing of individuals and society is being increasingly recognised. You will be introduced to the nature of counselling and learn and practice active listening skills such as reflecting, paraphrasing, summarising, and giving feedback. The course is aimed at anyone who may be considering either a career in counselling, or wanting to develop valuable helping and listening skills, as well as anyone interested in developing self-awareness.

Course description

Ongoing course start dates throughout the year. Please see the 'When are the courses running' for further information.

We run a range of courses – introduction, level 2 and level 3 counselling. If you want to support people in a helping relationship, these courses might be right for you. There is a growing need for staff to help in counselling and mental health services. These courses do not qualify you to work as a counsellor, but they can prepare you for further training that is required to work as a counsellor.

What courses can I complete?

Introduction to Counselling

Level 2 Certificate in Counselling Skills

Level 3 Diploma in Counselling

The Introduction to Counselling course is an introductory course where you can learn more about the role of working as a counsellor. This course is the first step to exploring what counselling is and discussing some of the skills and attitudes a counsellor needs to help someone who needs support to overcome their challenges. This qualification does not qualify learners to practise as a counsellor. This course is 25 hours duration.

The Level 2 Certificate in Counselling Skills course is an accredited course, recognised by both employers and education providers. The course will explore the core counselling skills and how these underpin practice in counselling. We will examine the range of core counselling skills including 3 core conditions and analyse how these skills can be used in a helping relationship. We will also transfer this knowledge into our own circumstances and list how we can utilise these skills in our personal and professional lives. We will then explore the career pathway to becoming a counsellor. This qualification aims to introduce learners to the use of counselling skills in everyday life and work, and some of the approaches that underpin the use of these skills. This qualification gives learners the opportunity to investigate the knowledge and skills needed to use counselling skills and engage in a helping interaction appropriately. This qualification does not qualify learners

to practise as a counsellor. This course is 120 hours duration.

The level 3 Diploma in Counselling qualification aims to provide learners with in-depth knowledge of the use of counselling skills in everyday life and work and the approaches that underpin the use of these skills. This qualification is ideal for those seeking to enhance their functional role using counselling skills. Learners will gain an understanding of a range of counselling skills and will examine some of the various schools of thought/theoretical models associated with them. This qualification does not qualify learners to practise as a counsellor. This course is 270 hours duration.

Who is this course for?

These courses are for adult learners, aged 19+. These qualifications are useful for anyone who would like to develop their use of counselling skills for use in either work or a personal capacity. You will need to undertake an initial assessment to ensure this level of study is right for you. To gain a place on the Level 3 Diploma in Counselling course, you will need to show proof of completion of Level 2 Certificate in Counselling skills.

How will I learn?

This is an online course. To access the course, you will need to use a laptop, a tablet, or a Chromebook, and a stable internet connection.

You will attend sessions with your tutor in an online classroom. The course is hosted on Canvas, a virtual learning environment where you can access and submit assignments and join the online classroom.

This is an interactive course. You will learn through group, paired or individual tasks and completion of assignments.

What happens after I apply?

When you apply for the course, please try and upload your ID, proof of residency in the UK, proof of address and proof of income/benefits so we can check your eligibility for funding.

When we receive your application, a member of the team will email you to book in for an Information, Advice and Guidance (IAG) phone call. If you haven't yet uploaded your ID, we will also ask you to do this in the initial email.

After the IAG phone call, the team member will activate a BKSB initial assessment. Don't worry, this isn't an exam. It's for us to make sure you get on the right course for your level.

After completion of the BKSB initial assessment, the IAG phone call and checking your eligibility for funding, a member of the team will let you know which level is most suitable for you when the next available course is.

When are the courses running?

There are courses running during both the daytime and the evening. Many learners choose to study the introductory course, followed by the accredited courses, or start at Level 2 and progress to Level 3.

Please note: To study Level 3 Counselling, you should have previously achieved L2 Counselling or equivalent.

Places on courses are subject to availability at the time of a completed application. We will be able to advise you on suitable courses with places available during the application process.

Proposed course dates and times (subject to availability):

Introduction to Counselling

26th September 2024 – 17th October 2024.

Tuesday & Thursday. 6:00pm – 9:00pm.

Followed by:

Level 2 Certificate in Counselling Skills

29th October 2024 – 3rd April 2025.

Tuesday & Thursday. 6:30pm – 9pm.

Level 2 Certificate in Counselling Skills

9th September 2024 – 4th December 2024

Monday & Wednesday. 09:30am – 2:30pm.

Followed by:

Level 3 Diploma in Counselling

6th January 2025 – 10th September 2025.

Monday & Wednesday. 09:30am – 2:30pm.

Level 3 Diploma in Counselling (for learners who have previously achieved L2 Counselling)

8th October 2024 – 24th May 2025.

Tuesday & Thursday 6:00pm – 9:00pm & every Saturday 2pm – 6pm.

Level 2 Certificate in Counselling Skills

10th June 2025 – 6th September 2025.

Tuesday & Thursday 6:00pm – 9:00pm & every Saturday 2pm – 6pm.

Source URL: <https://www.wea.org.uk/courses/skills-work/health-social-care/1-august-counselling>