

Course Information Sheet – Accredited Courses

Counselling Concepts Level 2 ABC

Introduction

Summary of course: An introduction to counselling including professional issues, theories and approaches, Active Listening Skills and Personal Development

Qualification

ABC Level 2 Award in Counselling Concepts

What are the course entry requirements?

No previous qualifications are required, but students must have level 2 literacy skills. You must also be willing to participate in self-awareness exercises and to learn/develop in an experiential way, and also have a commitment to attend weekly from week one. **In order to gain the certificate you must have 80% attendance and successfully complete the internally marked assignments.**

How long is the course?

30 hours over nine or ten weeks

Will I need an interview/pre course assessment?

Yes, you will need to attend a pre-course assessment session lasting approximately 2 hours. During that time you will complete an application form and a short literacy assessment. You will also be given important information about the college, the courses, commitment and fees. You will have the opportunity to ask specific questions in a short one to one interview with a member of the Access to Higher Education team.

What will the course involve?

A range of topics will be covered including definitions of counselling and other ways of helping; some major counselling theories and approaches; counselling contracts, ethics and the law; Carl Roger's core conditions; Active Listening Skills; power, prejudice and oppression in helping relationships and Personal Development work.

How will I be learning?

Learning will be achieved in a number of ways including tutor presentations, group exercises and discussions; listening skills practise sessions, creative activities, homework assignments and videos or demonstrations.

<i>What equipment will I need?</i>
You will need to bring a pen and notepaper and you will need a large lever arch file in which to collect and present your work.
<i>How will I know if I am making progress?</i>
You will be required to hand in work each week; and this will be returned to you in the following session with comments/feedback from the tutor. Informal feedback will be given during the session.
<i>What course work will I be expected to complete?</i>
You will complete a number of written and experiential exercises and tasks throughout the course.
<i>What can I expect to learn from this course?</i>
<p>This course provides a basic introduction to counselling. You will learn about:</p> <ul style="list-style-type: none"> • The counselling environment and what it means to work as a qualified counsellor; or as a person in a helping relationship using counselling skills. • The importance of working safely and ethically in listening skills relationships • Some different theories and approaches which underpin counselling work • A range of communication skills and how they can be used therapeutically • The importance of personal development for counselling • Your own particular strengths and areas for development in the future.
<i>How will I be assessed?</i>
You will complete a portfolio of work which will be assessed by the tutor and by an external moderator from ABC.
<i>What qualification will I achieve?</i>
On successful completion of the course you will receive an ABC Level Two Award in Counselling Concepts.
<i>Which other courses/programmes of study does this course link with?</i>
*Those that are keen to learn more about counselling or listening skills may progress on to Counselling Skills Level 3. Learners may also be interested in a number of short courses offered by the counselling department or in courses such as Drug Use & Misuse, Psychology, Sociology, Confidence and Assertiveness Building etc. See the college course brochure for details.
<i>Will I need to cover anything in addition to the course fee?</i>
No
<i>What other training programmes and progression opportunities are there?</i>
<p>*As stated above</p> <p>If you require in-depth advice on progression opportunities or guidance on career choices please contact our Information Advice and Guidance Officers on 0845 600 1331. For general information about other courses, contact us on the same number or check out the website www.lancashire.gov.uk/adultlearning</p>