

Course Information Sheet – Accredited Courses

Counselling Skills Level 2 Ascentis

Introduction

This course provides an introduction into counselling and the use of counselling skills in professional or personal environments. Please note this course does not qualify you to practise as a professional counsellor.

Qualification

'Introduction to Counselling Skills' Level 2 (Ascentis)

What are the course entry requirements?

This is a level 2 course, so you will need functional literacy skills at this level in order to complete the course work. No previous qualifications are required. You must undertake a pre-enrolment interview where you will complete a literacy assessment.

How long is the course?

50 hours over 10 or 15 weeks

Will I need an interview/pre course assessment?

Yes, as outlined above.

What will the course involve?

You will learn about the theory and practise of counselling skills, anger management, assertiveness training, mediation and group work.

How will I be learning?

Learners will participate in small group exercise, skills practice and discussion groups. Tutors will provide input on basic theory, using talks, videos and by setting homework assignments to be completed at stages throughout the course.

What equipment will I need?

Notebook, pen and loose-leaf folder for hand-outs.

How will I know if I am making progress?

Self-assessment and tutor feedback will be used throughout the course to encourage the development of skills, knowledge and awareness. Students are required to keep a learning journal, which will be assessed by the tutor after three weeks and at the end of the course.

What course work will I be expected to complete?

Approximately two hours per week reading hand-outs, completing written work, preparing for forthcoming sessions and completing two formal assignments.

What can I expect to learn from this course?

- Contracting and Health and Safety in Counselling
- An introduction to personal development work
- The different forms of helping relationships and the difference between counselling and the use of counselling skills
- An introduction to Active Listening Skills – defining, practising and evaluation
- An introduction to the three core conditions – empathy, congruence and unconditional positive regard
- The origins of counselling ideas and personal philosophies
- Psychodynamic Counselling
- Person-centred Counselling
- Cognitive Behaviour Therapy/Creative therapies
- Counselling Groups and Group Theory
- Anger Management
- Assertiveness and Aggression
- Mediation and Conflict Resolution
- The role of the BACP and the Ethical Framework
- Ethical Decision Making and the Counselling Environment

How will I be assessed?

In order to gain the certificate you must successfully complete two short assignments (500 words and 1,000 words) and present a portfolio of work completed during the course.

What qualification will I achieve?

Introduction to Counselling Skills Level 2 (Ascentis)

Which other courses/programmes of study does this course link with?

Learners who 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 within the counselling area of learning (see brochure) or in course in Drug Use & Misuse, Confidence and Assertiveness Building etc. This course can also be taken as part of the Access to HE Diploma.

Will I need to cover anything in addition to the course fee?

No

What other training programmes and progression opportunities are there?

See above

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