



Certificate in Counselling Skills



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Subject Area	Counselling & Social Work
Course Type	Adult
Study Level	Level 2
Delivery Mode	Part-time
Duration	1 Academic Year
Start Date	September 2026
Course Code	PA000772

Course Summary

This course is designed for adults who wish to develop their ability to support others through effective communication and active listening.

It provides a basic understanding of counselling skills and theories, and the ethical considerations and personal development needed for this area. Whether you aim to use these skills in a professional setting or for personal growth, this course will equip you with essential techniques to interact empathetically and supportively.

Although this programme does not qualify you to practise as a counsellor, you can progress towards further qualifications or move into areas such as health and social care, children's care, learning and development, voluntary or community work.

What You Will Learn

By the end of this course, you will:

- Develop fundamental counselling skills, including active listening, empathy, and questioning techniques.
- Gain an understanding of key counselling theories and how they apply to real-life situations.
- Understand the ethical responsibilities and boundaries in using counselling skills.
- Recognise the importance of diversity and inclusivity in counselling interactions.
- Enhance your self-awareness and personal development to become a more effective communicator.

Modules

- Using Counselling Skills
- Introduction to Counselling Skills Theories
- Diversity and Ethics in the Use of Counselling Skills
- Counselling Skills and Personal Development

Entry Requirements

Entry requirements for 19+ students will be ideally a grade 3/D in English Language. We would also assess suitability through a base line test for those with experience to attract a wider range of learners.

Progression

Learners who achieve this qualification could progress to the Level 3 Diploma in Counselling Skills or in Health or Education and Early Years.

Disclaimer: Our prospectus, college documents and website are simply here to offer a guide. We accept no liability for any inaccurate statements and are not responsible for any negative outcomes if you rely on an inaccurate statement. We reserve the right to withdraw any programmes or service at any time.