

Diploma in Counselling Skills



Subject Area	Health & Social Care
Course Type	Adult
Study Level	Level 3
Delivery Mode	Part-time
Duration	1 Academic Year
Start Date	September 2026
Course Code	PA000773

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Course Summary

This course is designed for adults looking to deepen their understanding of counselling techniques while enhancing their ability to support others. Ideal for those in helping professions or those considering a career in counselling, this course provides insight into key counselling theories, ethical considerations, and the role of diversity in counselling. While this qualification does not qualify learners to practise as professional counsellors, it serves as a strong foundation for further study or professional development in roles requiring active listening, empathy, and effective communication.

What You Will Learn

By completing this course, you will:

- Develop advanced counselling skills, including active listening, questioning techniques, and empathy.
- Gain a deeper understanding of key counselling theories and their practical applications.

- Learn how to apply ethical principles and professional boundaries in counselling interactions.
- Explore the role of diversity and cultural sensitivity in counselling skills.
- Enhance your personal development, emotional resilience, and self-awareness.

Modules

- Developing Counselling Skills
- Theoretical Approaches in the use of Counselling Skills
- Working Ethically with Counselling Skills
- Counselling Skills and Diversity
- Counselling Skills and Personal Development

Entry Requirements

Entry to this course requires 4 GCSEs at a minimum of grade 4/C including GCSE English and Maths at grade 4/C. Level 2 qualifications in a relevant subject alongside English and Maths GCSEs at grade 4/C will also be considered. A base line assessment will be also conducted.

Work Experience

Progression

Learners who achieve this qualification could progress to our Level 4 BA Hons in Social Work. This is not directly a counselling qualification but has some counselling content.

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