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# Certificate in Counselling Skills



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| Subject Area | Counselling & Social Work |
| Course Type | Adult (19+) |
| Study Level | Level 2 |
| Delivery Mode | Part-time |
| Duration | 1 Academic Year |
| Start Date | September 2027 |
| Course Code | PA000902 |

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## Course Summary

The Level 2 Certificate in Counselling Skills introduces learners to the foundational skills, knowledge and ethical principles required to use counselling skills safely and effectively. This qualification is suitable for those beginning the CPCAB counselling pathway or those in helping roles who want to enhance communication skills. Daytime and twilight delivery options are available. This level is not equivalent to a GCSE; CPCAB levels follow a professional training route, not a school qualification framework.

## What You Will Learn

Learners will develop:

• Core counselling skills such as active listening, paraphrasing, reflecting feelings, summarising and building rapport.

• Awareness of the counselling process, including working safely within ethical boundaries.

• Understanding of professional helping roles, including when counselling is appropriate and when to refer.

• Self-awareness and personal development, exploring how your own experiences and values influence your communication.

• Confidence in using helping skills appropriately within everyday and workplace situations.

## Modules

• Using Counselling Skills Ethically and Safely

• Boundaries of the Helping Role

• Working Empathically

• Focusing on Helpee Needs

• Developing Self-Awareness

• Applying Counselling Skills

• Using Feedback and Reflection

## Entry Requirements

• No formal academic qualifications are required. Baseline assessment of English can be completed.

• Learners must be aged 19+ and able to engage in reflective and interpersonal learning.

• A brief suitability interview may be required to ensure the course is appropriate.

• Important clarification:

• A Level 2 CPCAB qualification is not the same as a GCSE, and

• A Level 3 CPCAB qualification is not equivalent to an A-Level.

CPCAB Levels refer to the professional training pathway for counsellors, not the school qualification framework. These qualifications focus heavily on personal development,

experiential learning and skills practice, which are not found in traditional GCSE/A□Level courses.

## Progression

After completing Level 2, learners can progress to:

Level 3 CPCAB Certificate in Counselling Studies

After Level 3, learners can continue the professional journey:

- Level 4 Diploma in Therapeutic Counselling (2-year professional training)
- Supervised counselling placement (typically 100+ hours)
- Meeting requirements for membership of a professional body (e.g., BACP)
- Employment as a professional counsellor

This course forms the essential first step in that recognised professional route.

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