



Certificate Counselling Skills

Subject Area	Counselling & Social Work
Course Type	Adult
Study Level	Level 3
Delivery Mode	Part-time
Duration	1 Academic Year
Start Date	October 2026
Course Code	PA000903

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Course Summary

The Level 3 Certificate in Counselling Studies develops a deeper understanding of counselling theory, ethics and professional practice. The course equally takes a larger focus on reflective practice. It is the required next step for learners wishing to progress to Level 4 professional training.

Learners explore key therapeutic models, develop advanced communication skills, and further enhance self-awareness through reflective and experiential learning.

This course is offered in both daytime and twilight learning format.

What You Will Learn

- Major counselling theories, including Person-Centred, CBT and Psychodynamic approaches.
- Evidence based practice, understanding how research informs everyday counselling.
- The counselling relationship, including congruence, empathy and unconditional positive regard.
- Working ethically, using the BACP Ethical Framework to guide safe practice.
- Understanding mental health, diversity and cultural issues in counselling.
- Advanced counselling skills, with increased emphasis on emotional depth and relational safety.

- Enhanced reflective practice, linking theory to skills practice and personal development.

Modules

- Counselling Theory: Person-Centred, CBT, Psychodynamic Approaches
- Understanding the Professional Context of Counselling
- Mental Health Awareness, Diversity & Intersectionality
- Ethical Practice, Safeguarding & Boundary Management
- Advanced Skills Practice: Deepening the Therapeutic Relationship
- Personal Development & Reflective Growth
- Use of supervision and group supervision

Entry Requirements

- Level 2 CPCAB Counselling Skills or equivalent (mandatory).
- Ability to work at Level 3 (extended written tasks, reflective analysis, theory application).
- Commitment to personal development, experiential learning and skills practice.
- Important clarification:
- CPCAB Level 3 is not equivalent to an A^{*}Level.

Although it is mapped to Level 3 on the national framework, CPCAB qualifications are vocational, experiential and profession²specific, focusing on applied skills and personal insight, not academic A^{*}Level content.

Progression

Completion of Level 3 enables progression to:

Level 4 Diploma in Therapeutic Counselling (professional qualification)

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