

## Level 2 Certificate

# Counselling Skills

Small  
class  
sizes

Outstanding  
Support

Excellent  
Progression

Industry  
Expert  
Teaching

Learner  
Centred



# Counselling Skills

**Counselling Skills involve the ability to actively listen to another person to hear and understand what they are trying to say, from their point of view. This portfolio-based course is designed for those who want to learn listening and counselling skills to help others, either in a voluntary or employed capacity, or those who want to find out more about the counselling field. Please note that this course does not qualify you to be a counsellor.**

## Duration

34 weeks.

We also have a fast-track option for the course to be completed in 17 weeks!

## Price

£1,008\*

## Learning Method

This course is delivered fully in the classroom.

## Entry Requirements

All applicants should have a GCSE in English at Grade C/4 or above. If you do not have this qualification, then you may attend a Century English assessment but your score must come out as a Level 2 in order to progress with your application.

Applicants must be able to respect others regardless of race, ethnic origin, gender, sexual orientation or disability. This course involves experiential elements that will require some personal disclosure and associated personal development.

## What will I learn?

- Students will develop a range of counselling skills which will involve practicing these with other students in the class.
- Introduction to counselling theories, such as Psychodynamic, Person-Centered, and CBT.
- Identifying own values and beliefs and how these can affect helping relationships.
- How personal and professional support can be used to highlight issues arising from counselling skills practice.
- How to establish boundaries when starting a helping relationship.
- Understanding key aspects of ethical framework and anti-discriminatory practice.

## Course units



Counselling Skills  
and Personal  
Development



Using Counselling  
Skills



Introduction to  
Counselling Skills  
Theories



Diversity and  
Ethics in the Use of  
Counselling

### Why should you study at Runshaw?

- Non-judgemental, inclusive and student-centered learning environment which allows students to deliver their work in way that is meaningful to them.
- Personal development exercises to foster self-awareness.
- Industry experts who model counselling theory and best ethical practice.
- Weekly skills sessions with peers which help to embed counselling theory and practice, ensuring learners become confident and safe helpers.

### Progression

On successful completion of this course you will be awarded a Counselling Skills Level 2 Certificate and may wish to apply to study the Counselling Studies Level 3 Certificate, also available at Runshaw College.

Where are **you** going?

Counsellor

Parole Officer

Social Worker

Psychologist

**#FutureYou**



# Level 2 Certificate Counselling Skills

## Funding

This course may be FREE if you...

- Are unemployed, looking for work and in receipt of an approved benefit
- If you are employed, earning less than £25,000 a year before tax (evidence required)

If this criteria doesn't apply to you, you could either:

- Pay in four consecutive instalments.
- Pay the fee in full.

## Other courses we offer

- Level 3 Certificate in Counselling Studies
- Entry Level 3, Levels 1&2 English Functional Skills
- Level 3 AAT Certificate in Accounting
- Access to Social Sciences



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Langdale Road | Leyland | PR25 3DQ | 01772 642040  
adulthoodeducation@runshaw.ac.uk | www.runshaw.ac.uk