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Level 3 Certificate in Counselling Skills

Location	Stockport College
Course Type	Adult
Department	Counselling
Start Date	Tuesday 15th September 2026
Duration	Part-time, 1 Year
Time	10:00:00 - 14:30:00
Fee	£ 911.00 You may be eligible for support with your tuition fees - please visit the college website - funding and finance page for further information
Course Code	SPQ-CU3C-1100

Course Overview

This course is for those who wish to start training to become a qualified professional counsellor and for those who wish to acquire a repertoire of counselling skills for use in other work areas but who have no wish to become a professional counsellor, e.g nurses, social workers and teachers.

The programme is delivered by experienced counselling practitioners who have many years' experience teaching at this level.

Course Requirements

Successful completion of a SEG Level 2 Award in Counselling Concepts (or similar qualification)
GCSE English at grade C or above (level 2)

You may be asked for an interview for this programme for you to demonstrate and evidence your counselling skills.

Please note: if you have been in recovery we ask that you have been clear for a minimum of one year before applying for this course. The course will run subject to minimum numbers being reached.

What You Will Learn

By the end of this course you should be able to:
Use a range of counselling skills competently and effectively
Accept and subscribe to the current BACP Ethical Framework for Good Practice in Counselling and Psychotherapy and to recognise that you are not a trained and qualified counsellor
Respect other people's views, attitudes, belief structures and cultures
Demonstrate a commitment to anti-oppressive practices and non-discriminatory use of counselling skills
Show a working understanding of one counselling theory and an awareness of two others and of the need to avoid the danger of using techniques based on a limited understanding
Reflect constructively on yourself, your life experiences, and your interactions with others and evidence your personal and professional growth processes.

Assessment

All units will be internally assessed, internally and externally moderated via a learner's portfolio and other related evidence, against the unit outcomes and assessment criteria. You will be expected to assume an active responsibility for your own learning which will enable you to establish principles and good practice from a shared analysis with fellow learners and staff of experiences on the course and related experiences.

Progression

Successful completion of this course will provide you with one of the entrance requirements for a Level 4 Diploma in Therapeutic Counselling, which is the final stage in counselling training and qualifies successful candidates to practise as counsellors. Please note that progression from the Level 3 programme onto the Level 4 programme is not automatic.

Career Options

Completing a Level 3 Certificate in Counselling skills course is an excellent starting point for individuals interested in pursuing a career in counselling or related fields. While this level of certification represents an introductory understanding of counselling skills, it may not qualify you for professional counselling roles. However, it can serve as a stepping stone for further education and experience. Here are some potential career options and roles you can consider:

Support Worker: As a support worker, you can provide assistance and emotional support to individuals in various settings, such as healthcare, social services, or community organisations. Your counselling skills can help you connect with and assist clients.

Caregiver: If you're interested in caring for individuals, such as the elderly or those with disabilities, your counselling skills can help you better understand their emotional needs and provide more compassionate care.

Mental Health Support Worker: In this role, you can work with individuals who have mental health issues. Your counselling skills will be valuable for providing empathy and support.

Youth Support Worker: Working with young people in schools, community centres, or youth organizations can benefit from your ability to communicate and listen effectively, as learned in the counselling skills course.

Crisis Helpline Volunteer: Many crisis hotlines and helplines rely on volunteers who can offer empathetic and supportive listening to people in distress.

Life Coach: While not a licensed therapist, you can use your counselling skills to guide and support clients in setting and achieving personal or professional goals.

Peer Support Specialist: Peer support specialists are individuals with lived experience in mental health or addiction recovery who provide support and understanding to others going through similar challenges.

Human Resources (HR) Assistant: HR professionals often need strong interpersonal and communication skills. Your counselling skills can help you excel in roles that involve employee relations, conflict resolution, or employee assistance programs.

Addiction Support Worker: If you're interested in helping individuals overcome addiction, your counselling skills can be beneficial in roles that provide guidance and support to those in recovery.

Educator or Trainer: You can use your counselling skills to become an educator or trainer in personal development, communication, or conflict resolution.

Nonprofit or Community Organisation Roles: Many nonprofit organizations that focus on social services, mental health, and community well-being can benefit from individuals with counselling skills

in various support roles.

While these career options can benefit from your counselling skills, it's essential to understand that to become a professional counsellor, you typically need to pursue further education and training, such as a bachelor's or master's degree in counselling or a related field, along with relevant certifications and licenses. Additionally, gaining practical experience, participating in internships, and seeking supervision or mentorship can be crucial steps in progressing toward a counselling career.

Mandatory Units

Understand the context for the use of counselling skills
Understanding counselling theory
Using counselling skills
Personal development for users of counselling skills

Contact Details

For further information please contact T: 0161 886 7070 or E: info@trafford.ac.uk

Disclaimer

Although every care has been taken to ensure that the information contained within this document is accurate, there may be changes to this programme and provision. We will endeavour to keep prospective and current students updated where appropriate and when the information becomes available.