

## Level 2 Award in Counselling Concepts

Location	Altrincham Campus
Course Type	Adult
Department	Counselling
Start Date	Thursday 24th April 2025
Duration	Full-time, 7 Weeks
Time	10:00 - 13:00
Fee	£ 75.00 You may be eligible for support with your tuition fees - please visit the college website - funding and finance page for further information
Course Code	APQ-CU2A-1200

## Course Overview

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This course is for those who wish to return to study, seek a career change, undertake voluntary work, enhance career prospects through extra qualifications or train as professional counsellors.

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

## Course Requirements

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As a minimum requirement you must have English GCSE and be able to confidently produce work at Level 2 standard. We are able to take people of 18 years or over. However, due to the nature of the course, emotional resilience and an ability to reflect and draw on life experiences is essential. You will need to understand the demanding and personal nature of the course. Whilst this course is by no means 'therapy' for some it can present an emotional challenge.

## What You Will Learn

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By the end of this course you should be able to:

Enhance and improve your verbal and written communication skills, emphasis will be given to working in groups and teams.

Have a realistic understanding of the demanding nature of vocational training, especially in counsellor skills training.

Have experienced work in an experiential manner that will include a high element of personal growth work, developing further self-confidence and self-esteem.

Have the necessary basis to move into the next level of counsellor training.

Utilise knowledge in such a way as to help directly in the world of work.

## Assessment

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You will be required to complete a written workbook to evidence your learning whilst on the course. Homework will be set each week, either written work or reading. Students are encouraged to keep a personal journal and your tutor will offer advice and guidance in relation to all subjects taught on the course.

## Progression

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Successful completion of this course will provide you with one of the entrance requirements for SEG Certificate in Counselling Skills Level 3.

Please note that progression from the Level 2 programme onto the Level 3 programme is not automatic. You are advised to check with your tutors regarding selection procedures which may require further evidence of your suitability to progress to Level 3.

## Career Options

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Completing a Level 2 Award 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 organisations 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 organisations 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**

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There are three mandatory units:

The professional context of counselling.

Communication skills in helping relationships.

An introduction to personal development.

## **Contact Details**

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For further information please contact T: 0161 886 7070 or E: [info@trafford.ac.uk](mailto:info@trafford.ac.uk)

## **Disclaimer**

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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.