

## General Enquiries

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## Level 1 Award in Counselling Skills

Location	Stockport College
Course Type	Adult
Department	Counselling
Start Date	Thursday 16th January 2025
Duration	Part-time, 2 Weeks
Time	13:00 - 16:00
Fee	£ 150.00 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-CU1A-1600

## Course Overview

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The objective of the Level 1 Award in Counselling Skills is to give learners an introduction to Counselling Skills in preparation for further learning or training. The development of listening skills will also support learners to develop skills need in daily life and at work for example in the field of health and social care.

## Course Requirements

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Participants are not required to possess any previous knowledge or expertise. We welcome individuals with a genuine enthusiasm for the subject and a willingness to actively engage and contribute.

## What You Will Learn

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Students will undertake two units to complete the qualification and covers an introduction to counselling and development of skills associated to counselling.

The following topics will be covered over the sessions:

How counselling can help people

Understand the skills used by counsellors

Understand self-awareness in counselling

Demonstrating active listening skills

## Assessment

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Portfolio of Assessments (No Exams).

## Progression

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This qualification is a small introduction to counselling and progression would be to the next level of learning Counselling Concepts Level 2.

## Career Options

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Completing a Level 1 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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Two Units Covered:

1. Understanding Counselling Skills
2. Using Counselling Skills to Help Others

## **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.