



## Level 2 Award in Counselling Concepts

A 30 hour programme – **Autumn Term 2025 – Fast-Track Attendance**

**Weds 12<sup>th</sup> Nov 2025 – Weds 17<sup>th</sup> Dec 2025 (5 x Wednesdays ~ 9.30am – 4.30pm)**

This Skills and Education Group Awards accredited qualification provides a recognised introduction to counselling concepts and skills. It also provides opportunities to enhance a range of verbal and communication skills which can be utilised in many work environments. This level 2 (GCSE level of study) course is open to all and will be of interest to those who:

- Would like to enhance and improve their verbal and communication skills
- Would like to experience working in groups of different sizes
- Would like to enhance their career prospects through extra qualifications
- Would like a realistic understanding of the nature of counselling training
- Are undertaking voluntary work or work in the care sector
- Are seeking a career change
- Are returning to study
- Would like to enhance their self-awareness

The course consists of three units:

**Unit 1** The Professional Context of Counselling: which includes counselling concepts and three most commonly applied counselling approaches: Psychodynamic, Person-centred and Cognitive Behavioural Therapy (CBT).

**Unit 2** Communication Skills in Helping Relationships: six basic counselling skills are introduced, and students are supported to apply the skills competently in small group practice sessions.

**Unit 3** Personal Development: where students are supported to reflect on their learning of theory, practice and of themselves in each of the five journal entries.

**Workshop delivery:** In accordance with public health guidance, face-to-face training has now resumed. Changes to fully online or a mix of online and face-to-face may be required if the government advises or in response to a coronavirus outbreak. Any updates will be provided to all applicants before training commences.

**Assessment and resources:** The course is assessed through written work in the course handbook and reflective journal, skills practice sessions and has an 80% attendance requirement. Resources are accessed via Moodle, the SPTI e-learning site. Students therefore need access to a computer and be competent in word processing to complete written work.

The course is taught by a team of experienced and qualified counselling specialists and trainers.

**Full payment, application form** and submission of a **satisfactory reference** are required to secure a place on the course, as places are allocated on a first come first served basis.

**Course fee: £390** – Fees include the registration and certification charges with Skills and Education Group Awards

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