

## Introduction to Counselling Skills

This course introduces learners to a set of listening and responding skills that can be used in a wide range of helping and listening roles, from care and youth workers, teachers and charity volunteers through to counsellors and life coaches.

This qualification is for candidates who want to learn initial counselling skills to be able to help and support others in either a voluntary or employed capacity. It will not teach you to be a counsellor, but it may help you decide whether or not you want to train as one.

This 30 hour course leads to a nationally regulated qualification on the Qualification and Credit Framework (RQF) awarded by the Counselling and Psychotherapy Central Awarding Body (CPCAB) - the only OFQUAL approved awarding body to specialise in the field of counselling and supervision.

The course covers seven areas:

- Using initial counselling skills safely
- Managing effective helping / listening sessions
- Communicating empathic understanding
- Maintaining focus on the client's agenda and valuing diversity
- Developing self awareness in order to be able to help others
- Using listening and responding skills
- Using self review and feedback from others to develop initial counselling skills

You can find out more about the course at <http://www.cpcab.co.uk/qualifications/icsk-l2>

Each week students will learn about specific counselling skills and topics and then have an opportunity to practice skills in role plays with fellow students. After each role play students will receive constructive feedback from their tutor or peers to help them improve. In this way, students gradually learn how to manage a helping / listening session and to choose and use appropriate listening and responding skills.

Students will need to compile a portfolio of written assignments (at least 1 per week) plus written feedback from peers and tutors regarding their use of skills in role plays.

In addition to the 30 hours classroom time, learners should allow 30 hours additional study time over the life of the course.

Students need to be aware that this course is not a substitute for personal counselling or other forms of support. In order to be able to safely help others we need to be emotionally healthy, have good self awareness and knowledge of our own limits.

There are a number of options available at GC to help you pay for your course fees:

Setting up a Direct Debit: You'll be asked for a 20% deposit when you enrol and this can be paid in cash, or by debit or credit card. Course fees must be paid in full by the end of your course so the monthly instalments would be adjusted accordingly e.g. for a one year course you would make 8 payments

Apply now at [www.gloscol.ac.uk](http://www.gloscol.ac.uk) or call 0345 155 2020

Advanced Learner Loan: Contact Student Services to find out more and whether this course is eligible  
Support for those that are unemployed and in receipt of benefits: Contact Student Services to find out if this course is eligible for funding and whether you are eligible

## Entry Requirements

There are no formal entry requirements to undertake this course. You will need to be prepared to undertake activities to learn more about yourself and participate in group activities to learn basics about listening and responding.

Please continue with your application through this website. You will be contacted by the Counselling Administrator and invited to attend a pre enrolment session where the tutor will outline the content of the course and explain how you will need to participate to successfully complete the course. If you wish to proceed you will be given the relevant documents to complete your enrolment with Student Services before the first night of the course.

## What's Next

General progression route will be:

- ICSK-L2 Introduction to Counselling Skills
- CSK-L2 Counselling Skills (Level 2)
- CST-L3 Counselling Studies (Level 3)
- TC-L4 Diploma in Therapeutic Counselling (level 4) –OR–
- Foundation Degree in Therapeutic Counselling (level 5) [validated by the University of Gloucestershire]
- The Foundation Degree can be topped up to a Full Degree with a further year at Level 6, e.g. the BSc Hons Applied Social Sciences with the University of Gloucestershire

Additional specialist courses in related subjects include:

- Life Coaching
- Understanding Substance Misuse
- Certificate in Therapeutic Counselling Supervision

## Your Options

	Start Date	End Date	Course Level
<b>Introduction to Counselling Skills (Part Time)</b>			
Cheltenham	02/10/19	11/12/19	2
<b>Introduction to Counselling Skills (Part Time)</b>			
Cheltenham	08/01/20	18/03/20	2
<b>Introduction to Counselling Skills (Part Time)</b>			
Cheltenham	04/03/20	20/05/20	2
<b>Introduction to Counselling Skills (Part Time)</b>			
Cheltenham	27/02/20	14/05/20	2