

Certificate in Counselling Skills and Theory

A one year part-time
programme (HE level 3)



Who is this course for?

The Certificate in Counselling Skills and Theory is designed for people wishing to develop their skills in one-to-one work in a variety of professional roles within the voluntary and statutory sectors. It also provides an essential foundation for professional training in counselling.

Content of the programme

The programme aims to help you:

- Develop and practise your counselling skills
- Understand aspects of the counselling process
- Develop aspects of personal and professional awareness
- Develop an understanding of key concepts in counselling theory
- Apply these concepts to an understanding of specific experiences such as loss, trauma, anxiety and depression.

The programme is based on the principle that becoming an effective practitioner of counselling skills involves reflexive awareness of emotional states and the ability to think about these non-defensively. You will be asked to explore your own responses to the concepts and issues presented, to reflect on them from the perspective of counselling theory, and to consider how you can apply theory and skills in a helping role.

You will be expected to explore personal issues in a Learning Journal as well as in the role of client with other students in counselling skills practice. There will be a range of group, paired and

individual experiential learning activities in which you will be expected to participate.

Entry requirements

- Evidence of ability to study at level 3 (normally 120 credits at level 2; or APEL process); AND
- *either* introductory training in basic counselling skills (e.g. 15 - 20 hours) *or* experience in a helping/listening role (e.g. health and social care, telephone helpline work, teaching, mentoring, support work, etc)
- Willingness to participate in the group, paired and individual experiential learning activities that form an integral part of this programme.
- A 300 - 500 word statement of your personal and professional reasons for wishing to undertake this programme
- Two references from people able to comment on your work
- Applicants may be invited for interview.

Assessment

The programme is assessed at level 3. Assignments include live skills sessions with another programme member and several pieces of written work.

The assignments are designed to show how you can apply the knowledge and skills learned to practice situations and self-understanding.

On successful completion you will be awarded a University of Leeds Certificate at level 3.

Time commitment

The programme will be offered on one half day per week over two semesters (October – May). Monday 1.00-5.00pm

Fees

The fees for this programme for self-funded applicants for the academic year 2012/13 are £3000..

Fees for NHS employees working within the area covered by the Yorkshire and Humber Strategic Health Authority *may* be met by the Authority through their CPD contract (proof of employment must be shown to the admissions office at the time of application).

Contact

Programme information

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Application information

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This course runs subject to enrolled numbers.



The historic Baines Wing, School of Healthcare