

**#TRANSFORMINGLIVES**



SCHOOL OF HEALTH, CARE AND EDUCATION

## **LEVEL 2 CERTIFICATE IN COUNSELLING SKILLS**

### **TRANSITION PACKAGE**

(THIS PACKAGE NEEDS TO BE COMPLETED AND ASSESSED BY THE COURSE TUTOR)

## WELCOME TO HARTLEPOOL COLLEGE AND COUNSELLING SKILLS

Counselling is a talking therapy that can help a range of individuals with mental health and emotional problems. Throughout the course you learn about different theories and approaches to counselling and how this meets the needs of individuals, the importance of following and adhering to ethical framework, the importance of confidentiality and the impact of Listening.

Counselling, at its core, is about building a trusting relationship where a client feels comfortable enough to talk about their difficulties they are experiencing without judgement.

Whilst studying these aspects, you will be given a range of tasks to complete inside and outside the classroom environment. Your learning throughout the year will be assessed in a variety of different ways. Assessment will also be carried out by practical skills, working in groups to each act as a listener/counsellor and show evidence of displaying core counselling skills.

## WHAT WILL I STUDY?

Throughout the course  
you will be completing  
four different units:

Unit Title	Evidence
<b>Using Counselling Skills</b> Learners will gain knowledge and understanding of the key elements of a counselling skills interaction. Learners will have the opportunity to participate in skills practice in groups, to identify and practise a range of core skills needed to conduct the counselling interaction.	Task Sheets Observer Feedback sheets
<b>Introduction to counselling skills theories</b> Learners will have the opportunity to gain knowledge and understanding of the main theoretical approaches to counselling. Key elements of Psychodynamic, Person-Centred and Cognitive Behavioural theory will be identified.	Task Sheets Directed Questions Group Presentation
<b>Diversity and Ethics in the use of counselling skills</b> Learners will have the opportunity to learn and explore the ethical framework for counselling. Learners will gain knowledge and skills in values, principles and Personal moral qualities of a counsellor and how diversity can impact the counselling skills interaction.	Task Sheets Assignments Directed Questions
<b>Counselling skills and personal development</b> This unit is to provide learners with knowledge and understanding of their own personal development and how this can impact a helping relationship. The aim is to identify the skills and qualities of the learner and for them to be able to self-reflect.	Task Sheets Self-Development Plan Observer feedback sheets Assignment.

## HOW CAN I PREPARE FOR THIS COURSE?

You can prepare for this programme by completing the key task set out on the following page.

**Transition Activity****TASK 1:**

1. Provide an explanation of your motivation for helping others?  
Why do you want to study counselling? What/ who inspired you?
2. What is the role of a Counsellor?
3. Research- What is the BACP (2018)? What information does it provide for counsellors?

Your work will need to be word processed and emailed to:  
**sarah.ashley@hartlepoolfe.ac.uk**

Good luck and I hope to see you soon for interview in due course.

**Reading List (Books and Information you can start to explore:)**

Sanders, P (2011, 4th edn) First Steps in Counselling: A students' companion for basic introductory courses

Sanders, P. (2003) Step in to Study Counselling: A students' guide to learning counselling and tackling course assignments

Sanders, P., Frankland, A., and Wilkins, P. (2009) Next Steps in Counselling Practice

**Webpages**

[www.nhs.uk](http://www.nhs.uk)

[www.mind.org.uk](http://www.mind.org.uk)

[www.counsellingtutor.com](http://www.counsellingtutor.com)

[www.BACP.co.uk](http://www.BACP.co.uk)

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

**ADDITIONAL  
INFORMATION**



Course Tutor:  
Sarah Ashley

[sarah.ashley@hartlepoolfe.ac.uk](mailto:sarah.ashley@hartlepoolfe.ac.uk)