

#TRANSFORMINGLIVES



SCHOOL OF HEALTH, CARE AND EDUCATION

LEVEL 3 DIPLOMA IN COUNSELLING SKILLS

TRANSITION PACKAGE

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

WELCOME BACK TO HARTLEPOOL COLLEGE AND LEVEL 3 COUNSELLING SKILLS

By now, you have already learnt and have knowledge in core counselling skills and how those can be applied to talking therapy. You have an understanding of the importance of listening including the different levels and the main theories that are used in counselling services.

In the Level 3 course, we will be building on your prior knowledge and focusing a lot on yourself, self awareness, self concept, personal skills therapy, the course will enable you to identify theories and apply these in practice.

Throughout the course you learn about in depth different counselling theories and approaches and how these can meet the needs of individuals with different emotional problems, the importance of following and adhering to ethical framework, BACP Guidelines, 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. Through this course you can practice those skills in a safe, confidential environment, with guidance and support from tutors.

WHAT WILL I STUDY?

The following five units
will be covered on
the Level 3
Counselling skills:

Unit Title	Evidence
Developing Counselling Skills Learners have an opportunity to identify, practise and develop a range of interpersonal and counselling skills. On completion learners will be aware of the skills required to initiate, maintain and conclude a counselling skills interaction.	Task Sheets Observer Feedback sheets
Theoretical approaches in the use of counselling skills. Learners will have an opportunity to understand and evaluate key elements of the main theoretical approaches to counselling.	Task Sheets Directed Questions Group Presentation Personal development
Working ethically with counselling skills Learners will have an opportunity to gain and understanding of the context within which counselling and referral processes can be used whilst maintaining ethical standards.	Task Sheets Assignments Directed Questions
Counselling Skills and Diversity Learners will have the opportunity to appreciate the implications of applying counselling skills in a diverse society.	Task Sheets Case Studies Assignment
Counselling skills and personal development Learners will have an opportunity to reflect on their personal development and the way in which they interact with others.	Presentation Self-Development Plan Assignment

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

HOW CAN I PREPARE FOR THIS COURSE?

Transition Activity

1. Provide an explanation of your motivation for helping others?
Why do you want to study counselling at Level 3?
2. Personal Reflection.
How do you aim to improve on your counselling skills practice in Level 3 from feedback from Level 2.
What are your focus development areas?
What are your strengths in Skills practice?
3. What is the locus of evaluation and frame of reference?

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

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

TASK 1:



Course Tutor:
Sarah Ashley

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