

Introduction to Counselling - Level 2 Course

Key Information

Course Format:
Paper Based Course Materials

Price:
£250.00

Assessment:
Written Assignments

Payment Options:
Spread the cost over 4 monthly payments

Approximate Study Time:
80 Hours of Self Study

Initial Payment of
£100.00

Approximate Delivery Time:
1-2 Working Days (Courier Service)

Followed by 3 payments of:
£50.00



The **Introduction to Counselling - Level 2 Course** is designed for people who wish to gain an understanding of the role of a counsellor and the basic skills required to become a counsellor. No prior knowledge is required.

On successful completion of this course students will receive an accredited Level 2 Certificate of Achievement.

Please Note: If you are looking to study to a higher level we recommend you take the Level 3 Counselling Course which includes all Units from this course plus an additional 8 Units.

After Studying this course, students will be able to:

- Understand the skills and attributes required to conduct counselling
- Practice and improve their listening skills
- Demonstrate an understanding of the principles of negotiation
- Describe the key aspects of successful mediation
- Understand the role of counselling in crisis mediation
- List sources of help and advice in a range of counselling situations.

The home study courses are split into the following 8 Units:

• **Unit One - The Basics of Counselling**

The following topics are covered: What is counselling, Who is a Counsellor, When is a Counsellor not ready to Council, Who needs counselling and Ten Steps to Counselling.

• **Unit Two - Types of Counselling**

The following topics are covered: When a Counsellor is needed and Types of counselling offered (Addiction, Anxiety, Depression, Divorce, Eating Disorders, PMS, Sexual health and Stress.

• **Unit Three - New Wave Counselling**

The following topics are covered: On-line Counselling, Telephone Counselling, Telephone / Internet counselling, SMS text counselling, Video counselling and The Future.

• **Unit Four - Traditional Counselling Styles**

The following topics are covered: What are the different Types of Traditional Counselling, What Counselling, Individual Therapy, Couples Therapy, Family therapy, Group Therapy and Who goes to Counselling.

• **Unit Five - Listening Skills**

The following topics are covered: Listening, Stages of listening, Obstacles of Listening, Emphatic Listening, Listeners in Control and Traps for Listeners.

• **Unit Six – Negotiation**

The following topics are covered: Negotiation, The Establishment Group, The Community group, Negotiation in General, The Joint Problem-Solving Approach, Definition of the Problem, Guidelines, Insist on Using Objective Criteria, Invent Options for Mutual Gain, Separate the People from the Problem, Suggestions, Breaking the Rules, Alternatives and Best Alternative to Negotiated Agreement.

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• Unit Seven – Mediation

The following topics are covered: What is Mediation, When is Mediation called for, Responsibilities, Preliminaries, The Introductory Phase, Problem Definitions, Respect the Parties' Ability to reach a settlement, Caucus Meetings, The Second session, Teamwork, The Agreement and Attributes of a Good Mediator.

• Unit Eight – Crisis Mediation

The following topics are covered: Other Considerations, Power imbalance, The Power of skill and Knowledge, A Summary of Factors Influencing the Balance of Power and Analysis and Responses.

Prerequisites:

There are no particular entry requirements.

Course Duration & Support:

Students may register at any time and have a full year to complete their studies. You also have access to a personal tutor by mail or email for a 12 month period. As the course is self study you can complete in as little or as long a time as you prefer.

Assessment:

You will be assessed on coursework which is detailed in the course materials. Most coursework consists of short paragraph answers to set questions. Your work can be sent back to your course tutor by email or by post.

Certification:

At the end of this course successful learners will receive a Certificate of Achievement from ABC Awards and Certa Awards and a Learner Unit Summary (which lists the components the learner has completed as part of the course). The course has been endorsed under the ABC Awards and Certa Awards Quality Licence Scheme. This means that Kendal Publishing has undergone an external quality check to ensure that the organisation and the courses it offers, meet defined quality criteria. The completion of this course alone does not lead to a regulated qualification* but may be used as evidence of knowledge and skills gained.

The Learner Unit Summary may be used as evidence towards Recognition of Prior Learning if you wish to progress your studies in this subject. To this end the learning outcomes of the course have been benchmarked at Level 2 against level descriptors published by Ofqual, to indicate the depth of study and level of demand/complexity involved in successful completion by the learner.

Information on level descriptors can be found on the Ofqual's level descriptors page. We provide a link to this on each course page of our website.

The course itself has been designed by Kendal Publishing to meet specific learners' and/or employers' requirements which cannot be satisfied through current regulated qualifications. ABC Awards & Certa Awards endorsement involves robust and rigorous quality audits by external auditors to ensure quality is continually met. A review of courses is carried out as part of the endorsement process. ABC Awards and Certa Awards have long-established reputations for providing high quality vocational qualifications across a wide range of industries. ABC Awards and Certa Awards combine over 180 years of expertise combined with a responsive, flexible and innovative approach to the needs of our customers.

Renowned for excellent customer service, and quality standards, ABC Awards and Certa Awards also offer regulated qualifications for all ages and abilities post-14; all are developed with the support of relevant stakeholders to ensure that they meet the needs and standards of employers across the UK.

*Regulated qualification refers to those qualifications that are regulated by Ofqual / CCEA / Qualification Wales