



Level 2 Certificate in Counselling Skills and Level 1 Award in Mental Health Awareness

Dates:

Locations:

This qualification aims to introduce learners to the use of counselling skills in everyday life and work and some of the approaches that underpin the use of these skills. This qualification aims to introduce learners to the use of counselling skills in everyday life and work, and some of the approaches that underpin the use of these skills. This qualification gives learners the opportunity to investigate the knowledge and skills needed to use counselling skills and engage in a helping interaction appropriately. This qualification does not qualify learners to practise as a counsellor. In addition you will also complete the Level 1 Award. The content of the course aims to - raise awareness of the issues surrounding mental health difficulties, dispel some of the myths and misconceptions frequently linked to mental health issues and develop your knowledge of the rights of those with mental health issues. The qualification is appropriate for a wide range of people with an interest in raising their own understanding of mental health issues. You will also complete the Level 1 Functional Skills in English course alongside, if you do not hold an English qualification. The course is practically based.

Entry Requirements

This is a level 2 course. You will not need any prior qualifications or experience in Counselling, however you will need to have achieved or working towards English Level 2 or equivalent. Additionally, you should have good digital IT skills.

What topics does the course cover?

In the Counselling course you will need to complete the four mandatory units: Using counselling skills, Introduction to counselling skills, Diversity and ethics in the use of counselling skills, Counselling skills and personal development. There is one mandatory unit that learners must successfully demonstrate their achievement in. The topic is - develop an awareness of mental health. You will also complete the Level 1 Functional Skills in English course alongside, if you do not hold an English qualification. The course is practically based. You will study reading (understanding layout and extracting information from texts), formal and informal writing (for example, e-mails, letters and articles) including punctuation and sentence structure, and using speaking and listening skills to give short talks and to participate fully and appropriately in group discussions.

How will I be taught and assessed?

You will be expected to have your own computer or laptop and a reliable source of internet. The course is an e portfolio course, where you will study the units and build a portfolio of evidence along with your tutor. You will be expected to attend each session in college when appropriate and meet deadlines for homework submissions. In terms of the English Functional skills, the course has three assessments; reading, writing and speaking & listening. You will have mock assessments before this, for practice.

Are there any other costs or equipment I need to get?

Learners on a low income or in receipt of applicable benefits will not be required to pay a fee. You will need regular access to a computer or laptop and reliable internet service to complete this course. Once enrolled, learners will be able to download a free copy of Microsoft Office and will be given access to Microsoft office 365.

By the end of the course what should I be able to do?

By the end of the course, learners will have developed counselling skills and appreciate the importance of self-development. You will have also gained an awareness of mental health. This course will support you in preparing for your 'next steps' either in training or moving towards work. By the end of the English Functional Skills course you should have increased your confidence to read and write in English in workplace or everyday life situations, and to participate in conversations or discussions. You should be able to write e-mails, articles, reports or online forum posts to Level 2 standard and be familiar with different text layouts and purposes, and extracting information from these.

What are the progression opportunities following this course?

Learners who achieve this qualification could progress to Level 3 Award in Counselling Skills and Theory or the Level 3 Diploma in Counselling skills. The progression from the Level 2 Functional skills in English course is to GCSE. This is dependent on passing all three of the assessments to a sufficient standard and having a satisfactory record of attendance. For non-native speakers of English, progression might be to an ESOL course, to strengthen knowledge of grammar and vocabulary before tackling GCSE.