



North Tyneside Council

North Tyneside Council Adult Learning Service  
Course Information Sheet 2019-2020

# Course Information for Counselling

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North Tyneside Council

# Counselling Skills Taster

<b>Enrolment Requirements</b>	For more information or to apply ring (0191) 643 2288 or to apply online go to <a href="http://www.northtyneside.gov.uk/ala">www.northtyneside.gov.uk/ala</a>
There are no entry requirements for this taster.	

<b>What will I learn on this course?</b>
The taster session will give you a broad introduction to Counselling Skills.  It will help prepare you for the range of counselling courses on offer in the Adult Learning Service.

<b>Assessment</b>	<b>Awarding body: N/A</b>
Not applicable.	

<b>Course Length</b>
1 session.

<b>Attendance</b>
1 session.

<b>What else do I need to know?</b>
This is a free course for people wanting to find out more about Counselling.

<b>What could I do next?</b>
The Counselling Skills Introduction course is recommended as a next step.



North Tyneside Council

# Counselling Skills Introduction

## Enrolment Requirements

For more information or to apply ring (0191) 643 2288  
or to apply online go to [www.northtyneside.gov.uk/ala](http://www.northtyneside.gov.uk/ala)

No previous experience or qualifications are required.

## What will I learn on this course?

The Counselling Skills Introduction is a preparatory course for people wanting to enrol (or considering enrolling) on the Certificate in Counselling Skills Level 2.

Learners will:

- Be introduced to basic counselling skills
- Complete reflective journals to build a 'mini' portfolio
- Receive advice and guidance on counselling courses, qualifications and careers
- Understand the requirements and commitments of the Certificate in Counselling Skills Level 2.

## Assessment

**Awarding body: N/A**

Your tutor will assess and record your progress through the completion of reflective journals.

## Course Length

4 sessions.

## Attendance

It is a requirement that you attend 90% of the taught sessions.

## What else do I need to know?

You do not need to be working in counselling to undertake this course.

## What could I do next?

The next step is the Certificate in Counselling Skills Level 2.  
You could also consider our distance learning courses.



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# CACHE Level 2 Certificate in Counselling Skills

## Enrolment Requirements

For more information or to apply ring (0191) 643 2288  
or to apply online go to [www.northtyneside.gov.uk/ala](http://www.northtyneside.gov.uk/ala)

You must also enrol on **Introduction to Counselling Skills** which will provide you with advice and guidance, an introduction and an overview of the Level 2 Certificate, as well as preparing you for your studies.

## What will I learn on this course?

The course aims to introduce learners to the everyday use of counselling skills in life and at work and some of the approaches that underpin the use of these skills.

The units of study are:

- Using counselling skills
- Introduction to counselling skills theories
- Diversity and ethics in the use of counselling skills
- Counselling skills and personal development.

## Assessment

## Awarding body: CACHE

Your portfolio of work is the only assessment requirement of the course. Your tutor will guide you when setting tasks and short assignments, and asking you to compile case studies.

## Course Length

24 weeks.

## Attendance

It is a requirement that you attend 90% of the taught sessions to ensure you have the best chance of achieving the accreditation. Please think carefully before enrolling on this course if you have work commitments that may interfere with this attendance.

## What else do I need to know?

You should expect to do an additional two hours a week home study and research.

## What could I do next?

You could progress on to the Diploma in Counselling Skills and Theory Level 3. To become a fully qualified counsellor you must gain a HE Diploma in Counselling Level 5, after which you may seek British Association of Counselling and Psychotherapy (BACP) accreditation.



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# Level 3 Diploma in Counselling Skills Advice & Guidance

## Enrolment Requirements

For more information or to apply ring (0191) 643 2288  
or to apply online go to [www.northtyneside.gov.uk/ala](http://www.northtyneside.gov.uk/ala)

This is a free advice and guidance session.

**However learners must already have completed a Level 2 qualification in counselling i.e. Certificate in Counselling or Award in Helping Skills prior to attending this session.**

## What will I learn on this course?

This free advice and guidance session provides an overview of the requirements for the Level 3 Diploma in Counselling Skills course.

There will be an opportunity to speak to the tutor, who will brief you fully about the course content, in preparation for the first session.

## Assessment

**Awarding body: N/A**

Not applicable.

## Course Length

1 session.

## Attendance

Please attend if you are enrolling on the Level 3 Diploma.

## What else do I need to know?

Learners will be set work to complete at home and must take responsibility for producing evidence for their portfolio.

## What could I do next?

To become a qualified counsellor, you must undertake a Level 4 Diploma in Counselling. Attainment of the Level 3 qualification provides a progression route to a Level 4 HE Diploma, after which learners may seek British Association of Counselling and Psychotherapy (BACP) accreditation as a counsellor.



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# Level 3 Diploma in Counselling Skills

## Enrolment Requirements

For more information or to apply ring (0191) 643 2288  
or to apply online go to [www.northtyneside.gov.uk/ala](http://www.northtyneside.gov.uk/ala)

Learners enrolling on this course **must**:

1. Have completed the Certificate in Counselling Skills Level 2 or the Award in Helping Skills Level 2.
2. Attend the Diploma in Counselling Skills and Theory Level 3 Advice and Guidance Session.

## What will I learn on this course?

This qualification is for people interested in using counselling skills in their main work role in a wide range of sectors, or for those hoping to continue their studies to achieve accredited counsellor status with one of the accrediting professional bodies.

The units cover:

- Developing counselling skills
- Theoretical approaches in the use of counselling skills.
- Working ethically and inclusively with counselling skills.
- Using counselling skills in a range of contexts.
- Counselling skills in personal development.

## Assessment

**Awarding body: CACHE**

Your portfolio of work is the only assessment requirement of the course. Your tutor will guide you during this time.

## Course Length

28 sessions.

## Attendance

It is a requirement that you attend 90% of the taught sessions to ensure you have the best chance of achieving the accreditation. Please think carefully before enrolling on this course if you have work commitments that may interfere with your attendance.

### **What else do I need to know?**

Evidence for the portfolio could include case studies, short assignments, reports, notes on the observation of counselling skills, records of professional discussions and journals, to name a few examples. Learners will be set work to complete at home and must take responsibility for producing evidence for their portfolio.

### **What could I do next?**

Attainment of this Level 3 qualification provides a route to the HE Diploma in Counselling Level 4, after which you may seek British Association of Counselling and Psychotherapy (BACP) accreditation as a counsellor.

You could also consider some of our distance learning courses.