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**Level 2 Award in Counselling Concepts**

**Course Overview:**

The Award in Counselling Concepts is a short introductory course with 30 guided learning hour. Learners can choose to study over a period of 10 weeks or a 5 week more intensive option is avaialbe.

The Level Two Award in Counselling Concepts has also been embeded into another course *Supporting Families through Illness and Beyond* (see Health & Social Care CPD).

This is a versitile qualification which appeals to those wishing to extend their communication and listening skills to enhance both their personal and professional life. It will be suitable for learners who are considering a career in the counselling profession and wish to take the first step. Alternatively, the course widely apeals to those in allied careers such as nursing, social work and teaching where the skills developed during this course will be highly relevant and useful. For those in managerial positions understanding the power of effective communication, active listening and respecting silence could have a really positive impact on promoting effective relationships in the workplace.

**Course Requirements:**

No previous experience or qualifications are required to undertake the course, however, a good level of written english is essential. During the course learners will experience a high element of personal growth work, therefore it is important to understand that if you are experiencing significant personal turmoil at the present time this course may not be suitable for you.

All learners must be 18 years or above and will have to participate in the interview process, this can easily be accommodated by a video facetime call.

To achieve the ABC qualification all learners have to have a minimum of 80% attendance.

**Course Detail:**

Learners will study three units:

The professional context of counselling

By the end of the course learners will have gained a basic understanding of the therapeutic models of counselling, ethical frameworks and helping relationships.

Communication skills in helping relationships

Learners will begin to understand and develop a range of communication skills through experiential learning.

An Introduction to Personal Development

Learners will be able to reflect on personal development and identify areas for their future development.

**Course Assessment:**

Ofqual Qualification Number 500/9145/1

QFC Credit – a total of 5 credits

During the course, the assessment will be made in a number of ways, including group work, case studies, reflective journal and skills practice

The Quality Assurance systems are embedded throughout all of Mental Health & Wellbeing Solutions training courses, the quality of this course is regulated further by ABC Awards.

**Duration:**

Weekend Courses 6 hours x 5 weeks

Evening Courses 3 hours x 10 weeks

Daytime courses 6 hours x 5 weeks

**Cost:**

The cost for the course £240

**Contact us for advice, more information or to book a course:**

Or you can visit our website www.mhwsolutions.co.uk

Email us at enquiries@mhwsolutions.co.uk

Call us on 07776 912631 or 07735 498348

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