

Counselling Skills



Course Overview

This online course provides an introduction to counselling, designed to help you build the knowledge and skills necessary to support others. Throughout the course, you will explore key counselling theories, including person-centred care and cognitive. You will gain an understanding of how these theories can be applied in real-life situations to support individuals in need. The course will also guide you through practical approaches to counselling, helping you develop key skills in communication, empathy, and active listening. Additionally, you will examine the role of values and beliefs in the counselling process, reflecting on your own self-awareness and understanding.

In the final unit, you will have the opportunity to put the skills you've acquired into practice. This includes creating a practical scenario where you can demonstrate your counselling abilities. The demonstration can be recorded as a video or audio file, or, alternatively, you can opt for a witness to observe and provide feedback on your performance. This hands-on element is designed to help solidify your learning and give you the confidence to apply counselling techniques in real-world settings.

What You Will Study

Unit 1: Developing Counselling Skills

This unit focuses on identifying the essential counselling skills and understanding how they are applied in a counselling relationship. You will learn how to build an effective working relationship with clients, as well as recognise the boundaries that must be maintained in this sensitive role.

Unit 2: Introduction to Counselling Theories

In this unit, you will be introduced to the main theoretical approaches in counselling, including psychodynamics, person-centred therapy, and cognitive behavioural therapy. You will explore the practical differences between these approaches and deepen your understanding of why counselling theory is so important in practice.

Unit 3: Ethics and Diversity in Counselling

This unit explores the concepts of diversity and ethics in counselling. You will learn about anti-discriminatory practices, the key components of an ethical framework, and ways to incorporate diversity into your counselling skills.

Unit 4: Personal Development and Counselling Skills

This unit focuses on developing your self-awareness, exploring your values and beliefs, and reflecting on how your personal qualities and skills influence your counselling practice.

Attendance Expectations

This is a fully online course, no in college attendance is required. The course is only compatible on a computer/ laptop or tablet.

How You Will Be Assessed

You will be assessed through a variety of different written tasks and short answers questions.

Entry Requirements

There are no entry requirements for this course however you will be asked upon enrolment what your previous qualifications are.

START DATE

Available to enrol from August 2026

LEVEL

Level 2

STUDY MODE

Part-time

DURATION

12 weeks

AWARDING BODY

TQUK

LOCATION

Online Learning



For further information about this course, including Entry Requirements, Assessments and Further Study, scan the QR code.

Need More Information?

For additional course information please contact the Course Information Team on **01924 789111** or email courseinfo@heartofyorkshire.ac.uk.

To learn more about the Heart of Yorkshire Education Group, our facilities and how we can support you please visit our website www.heartofyorkshire.ac.uk.

Quick Links



How to Apply



Student Support



Virtual Tours



Fee Information

Funding is available for this course subject to Post Code.

Further Study

Upon completion of this course, you can progress to:

- Level 2 Understanding Autism
- Level 2 Awareness of Mental Health Problems

