

# Certificate in Counselling Skills



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Subject Area	Health & Social Care
Course Type	Adult
Study Level	Level 2
Delivery Mode	Part-time
Duration	1 Academic Year
Start Date	September 2025
Course Code	PA000772

## Course Summary

This Level 2 Counselling Skills course is designed for adults who wish to develop their ability to support others through effective communication and active listening.

It provides a basic understanding of counselling skills and theories, and the ethical considerations and personal development needed for this area. Whether you aim to use these skills in a professional setting or for personal growth, this course will equip you with essential techniques to interact empathetically and supportively.

Although this programme does not qualify you to practise as a counsellor, you can progress towards further qualifications or move into areas such as health and social care, children's care, learning and development, voluntary or community work.

## What You Will Learn

By the end of this course, you will:

- Develop fundamental counselling skills, including active listening, empathy, and questioning techniques.
- Gain an understanding of key counselling theories and how they apply to real-life situations.
- Understand the ethical responsibilities and boundaries in using counselling skills.
- Recognise the importance of diversity and inclusivity in counselling interactions.
- Enhance your self-awareness and personal development to become a more effective communicator.

## Modules

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

## Entry Requirements

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Entry requirements for 19+ students will be ideally a grade 3/D in English Language. We would also assess suitability through a base line test for those with experience to attract a wider range of learners.

## Progression

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Learners who achieve this qualification could progress to the Level 3 Diploma in Counselling Skills.

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