

## **FLEXIBLE WORKFORCE DEVELOPMENT FUND – COURSE OUTLINE**

### **Programme Title**

Introduction to Counselling

### **Overview**

This qualification has been designed for candidates who have no previous experience of counselling. It will introduce candidates to the purpose, basic concepts and processes of counselling including reflective practice.

Whilst it provides underpinning and basic knowledge of the subject, it does not in any way permit those who have achieved it to refer to themselves as qualified counsellors.

### **Programme Objectives**

By the end of the course participants will have an understanding of:

- The aims and purpose of counselling
- The counselling process
- Applying appropriate techniques to counsel a client
- How to reflect on own counselling skills

More specifically, the course will incorporate learning and understanding of:

- The main aims of counselling
- A range of applications for counselling
- A range of contexts in which counselling takes place
- The core conditions of counselling
- The components of a counselling session
- A range of skills used in the counselling process
- Applying counselling skills in accordance with the core conditions
- Maintaining a positive attitude, tone and respect confidentiality throughout a counselling session
- Ending the counselling session in accordance with client needs
- Identifying own strengths and weaknesses in specified counselling skills
- Identifying areas of strength and weakness in specified counselling skills based on feedback from others
- Identifying how specified counselling skills can be improved.

(NB these objectives will be used to measure learner's existing knowledge in this area prior to commencement of training and upon completion of training as evidence of distance travelled)

### **Awarding Body**

Scottish Qualifications Authority

**SCQF Level**

SCQF Level 5

**Benefits to Employers**

- The development of your workforce can result in benefits to your business including:
  - A positive workplace culture
  - An engaged and motivated workforce
  - Excellent service to your customers
  - Reduced absenteeism and employee turnover

**Benefits to Employees**

- Greater understanding of the purpose, basic concepts and processes of counselling including reflective practice
- Gain a nationally recognised qualification

**Duration**

Six days