

Purpose Statement

SEG Awards Level 3 Certificate in Counselling Skills – 500/9286/8



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Overview

The suite of Skills and Education Group Awards Counselling qualifications have been in operation for over 20 years and were developed in response to the need to provide a structure for the approval of counsellor training programmes.

The SEG Awards Level 2 suite offers an excellent range of qualifications which provide an introduction into the field, for those who have had no previous experience of, or training in the field of counselling.

The SEG Awards Level 3 Counselling qualifications (Certificate and Diploma) are designed for those seeking progression to become a qualified professional counsellor or for individuals who wish to acquire counselling skills for use in other work areas, e.g. nurses, social workers, teachers. Themes that are covered include counselling theories, ethics and diversity, and personal awareness. The purpose of this qualification is to provide you with a useful vocational progression route into further study and is not a license to practice.

The SEG Awards Level 4 Diploma in Therapeutic Counselling supports learners to develop and demonstrate skills, knowledge and understanding of Counselling, towards achieving professional status as a counselling practitioner. It is also suitable for learners in work roles where counselling skills are needed for example: nursing, teaching, social work, voluntary sector, the police and armed forces.

Benefits for learners

Undertaking this qualification allows learners to:

- Develop a repertoire of counselling skills at a consistent level
- Underpin these skills with an understanding of one major therapeutic model
- Increase your self-awareness and to be mindful of the impact that you have on people
- Demonstrate the achievement of knowledge and understanding of Counselling at level 3
- Achieve a nationally recognised Level 3 qualifications that is vocationally focused and assists in progression to the next level of learning

Who is the qualification for?

The SEG Awards Level 3 Certificate in Counselling Skills is a qualification designed to prepare adults and young people (18+) for further learning and training through the development of knowledge and skills in counselling through experiential learning.

This qualification is suitable for you who are:

- Seeking the course as an entrance to training to become a qualified professional counsellor
- Wishing to acquire a repertoire of counselling skills for use in other work areas, and who have no wish to become a professional counsellor, e.g. nurses, social workers and teachers

You do not need a formal qualification for entry onto the Level 3 Certificate in Counselling Skills. However, it would be advisable for you to have some prior knowledge of counselling skills and knowledge. For example qualifications that have been achieved through college based learning, which would provide you with a useful grounding include:

- Level 2 Award in Counselling Skills
- Level 2 Certificate in Counselling Skills

Although there are no formal entry requirements, prospective learners should be aware, either by interview or other suitable methods, that the course involves experiential learning and self-awareness exercises, which will be demanding of the self in interaction with others.

This 18 credit qualification has four mandatory units: one 3 credit unit, two 4-credit units and one 7-credit unit. All are vocational and relate to the sector in the title. Both the minimum and maximum vocational content is 100%.

Skills and Education Group Awards expects approved centres to recruit with integrity on the basis of a learner's ability to contribute to and successfully complete all the requirements of a unit/s or the full qualification.

What does the qualification cover?

The SEG Awards Level 3 Certificate in Counselling Skills qualification covers the following four topics:

Understanding the Context for the Use of Counselling Skills – This unit is intended to deepen the learners' understanding of the significant differences between a person who uses counselling skills in another occupation and a fully trained and qualified counsellor. Learners will explore key legal and ethical issues based on an ethical framework for counselling and psychotherapy in a multi-cultural and diverse society. The need for and the importance of casework supervision will be highlighted.

Understanding Counselling Theory – In this unit, learners will study one major therapeutic model of counselling in depth to empower the learner to reflect constructively on its value and use when working with people. They will also reflect on two other therapeutic models of counselling to raise awareness of other models.

Using Counselling Skills – In this unit and through practice, learners will explore a range of skills used within the counselling profession. Additionally they will understand that sessions in which counselling skills are used are professionally managed activities with a start, middle and end. Cultural differences are recognised, acknowledged and worked with.

Personal Development for Users of Counselling Skills – In this unit, learners reflect on how the study of counselling theory, the use of

counselling skills and feedback received can inform personal development and growth, in particular their understanding of self.

These skills are more effectively developed through a process which encourages you to assume an active responsibility for your own learning and which enables you to establish principles and good practice from a shared analysis with fellow learners and staff of experiences on the course and related experiences.

The content of the qualification will support your development and expansion of your counselling skills, knowledge and understanding, at level 3.

Centres will adopt a delivery approach which supports your development, including plenty of opportunities for group work exercises. As these skills are more effectively developed through a process that encourages you to assume an active responsibility for your own learning. This in turn enables you to establish principles and good practice from a shared analysis with fellow learners and staff of experiences on the course and related experiences.

You will produce a portfolio of evidence for example; observations, witness statements, group discussion observation sheets, case studies, reports/notes.

What could this qualification lead to?

Will the qualification lead to employment, and if so, in which job role and at what level?

Successful completion of the SEG Awards Level 3 Certificate in Counselling Skills provides you with both skills and knowledge of Counselling, at level 3. The qualification will not lead you directly into employment as you will not be qualified to practice as a counsellor. To do this, you will need to undertake further training.

Will this qualification lead to further learning?

The skills experience and theoretical knowledge developed on completion of the SEG Awards Level 3 Certificate in Counselling Skills provides you with sound preparation which is important prior to starting work in a supervised placement, if you choose to progress to Level 4, e.g. SEG Awards Level 4 Diploma in Therapeutic Counselling.

If you wish to progress further there are Postgraduate and Post Qualifying courses in counselling studies that are designed to enhance the practice, skills and knowledge of a practising counsellor. This provides academic progression alongside a recognised career pathway. It combines the professional aspects, e.g. theoretical knowledge, counselling skills development, self-appraisal and commitment to provision of an ethical quality service and professional development element, which is necessary to ensure that you the counsellor are fit to practice. Many learners progress towards national accreditation status with professional lead bodies. If you wish to approach a professional regulatory body, you will need to ensure that you meet their requirements.

If there are larger and/or smaller versions of this qualification or it is available at different skills levels, why should a student take this particular one?

The Level 3 Certificate in Counselling Skills (500/9286/8) is part of a small suite of level 3 qualifications:

Level 3 Certificate in Counselling Skills (500/9286/8)

Level 3 Diploma in Counselling Skills (600/0632/8)

The reason for having varying sizes of qualification in the suite at Level 3 is to meet the various needs of you the learner. You can top-up, or build up knowledge and skills about counselling before moving to the next level of learning, if you have made the career decision to become a qualified counsellor.

The Level 3 Certificate (500/9286/8) is primarily designed to provide you with the opportunity to develop underpinning knowledge and skills required for progression to practitioner training, as a professional counsellor (e.g. Level 4 Diploma in Therapeutic Counselling), preparing you for work in a counselling agency/establishment.

For further information visit

<https://skillsandeducationgroupawards.co.uk>