

## **Purpose Statement**

### **SEG Awards Level 3 Diploma in Counselling Skills – 600/0632/8**



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## Overview

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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

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Undertaking this qualification allows learners to:

- Develop a repertoire of interpersonal and counselling skills
- Underpin counselling skills with an understanding of key elements of the main theoretical approaches to counselling
- Increase your self-awareness and to be mindful of the impact that you have on people
- Achieve a nationally recognised Level 3 qualification that is vocationally focused
- Prepare for progress onto appropriate higher level qualifications

## Who is the qualification for?

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The SEG Awards Level 3 Diploma in Counselling Skills is a qualification designed to prepare adults and young people (16+) 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:

- Wishing to progress into 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 Diploma 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
- Level 3 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 40 credit qualification has five mandatory: one 12-credit unit, one 10-credit unit and three 6-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?**

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The SEG Awards Level 3 Diploma in Counselling Skills qualification covers the following five topics:

**Developing Counselling Skills** – In this unit learners will have an opportunity to identify, practise and develop a range of interpersonal and listening/counselling skills. On completion learners will be aware of the skills required to establish, develop and conclude a listening/counselling skills interaction.

**Theoretical Approaches in the Use of Counselling** – In this unit learners will have an opportunity to understand and evaluate key elements of the main theoretical approaches to counselling, which could underpin the use of counselling skills.

**Counselling Skills and Diversity** – In this unit learners will have an opportunity to appreciate the implications of applying counselling skills within a helping relationship in a diverse society.

**Working Ethically with Counselling Skills** – In this unit learners will have an opportunity to appreciate the implications of applying counselling skills within a helping relationship ethically (in a diverse society.)

**Counselling Skills and Personal Development** – This unit aims to enable learners to increase self-awareness by analysing and evaluating the impact that their own counselling philosophy, counselling theory and practice has on self and relationships.

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?**

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### **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 Diploma 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?**

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The skills experience and theoretical knowledge developed on completion of the SEG Awards Level 3 Diploma 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 Diploma in Counselling Skills (600/0632/8) 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) will support you, if you are 18+. This qualification is for you if you have completed the Level 2 Award in Counselling Concepts and are more comfortable with a bite sized approach to learning. This Counselling certificate has a broader scope regarding the differences between those who use counselling skills in other occupations and a fully trained and qualified counsellor. The importance of casework supervision is also covered. Through the content and experiential learning, this qualification provides you with the opportunity to acquire develop and apply the skills and knowledge required for further vocational study.

The Diploma provides a comprehensive and challenging programme of study for post 16 learners who have an interest and aptitude to progress in the field of counselling. Throughout this qualification you will develop and expand your practical skills, knowledge and understanding through the further exploration of counselling theories, ethics and diversity.

There is potential for this qualification to help learners looking for employment in a particular vocational sector where helping skills are used.

**For further information visit**

**<https://skillsandeducationgroupawards.co.uk>**