

Purpose Statement

SEG Awards Level 4 Diploma in Therapeutic Counselling – 603/5029/5



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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.

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.

The purpose of this qualification is to provide learners with an opportunity to develop work-based skills within an ethical framework and develop an understanding of the impact of a diverse society on clients, Counselling therapeutic theories, self-awareness and research methodologies, all of which will be demonstrated through a 100 hour supervised placement.

Benefits for learners

Undertaking this qualification allows learners to:

- Meet, when combined with the SEG Awards Level 3 Certificate in Counselling Skills, the training contact hours requirement for basic training at a professional level for recognition as a qualified counsellor
- Provide further developed skills, including a 100-hour practice component under supervision
- Create a reflective practitioner
- Develop a deep understanding of one therapeutic theory with knowledge of two others ('integrative' can be a theory under the approach)

Who is the qualification for?

The SEG Awards Level 4 Diploma in Therapeutic Counselling is designed to prepare learners (19+) for employment within the Counselling field, as the qualification is concerned with the training of counsellors to a professional level of competency. As a prerequisite for admission to the Diploma course learners **must** possess the SEG Awards Level 3 Certificate in Counselling Skills or an equivalent qualification obtained elsewhere. Centres must be satisfied as to the learner's suitability to undertake this Level 4 qualification. It is considered best practice for centres to allow time for learners to have personal therapy/counselling whilst working towards this qualification.

Prospective learners should be aware, either by interview or pre-course group meeting, that the course involves experiential learning and self-awareness exercises, which will be demanding of the self in interaction with others.

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.

This 62 credit qualification has seven mandatory units: one 18 credit unit, one 10 credit unit, one 9 credit unit, one 8 credit unit, one 7 credit unit

and two 5 credit units. All are vocational and relate to the sector in the title. Both the minimum and maximum vocation content is 100%.

What does the qualification cover?

The SEG Awards Level 4 Diploma in Therapeutic Counselling qualification covers the following seven topics:

Professional Organisational Issues in Counselling – In this unit, learners will develop an understanding of the essential relationship between counsellors, as professionals, as well as the organisations and other people with which they may work. They will explore areas of potential conflict, especially through the existence of different ethical standards and principles. They will also reflect on the importance of casework supervision and understand assessment and risk in relation to safeguarding in counselling.

Counselling in a Diverse Society – In this unit, learners will explore the impact that diverse cultures and heritage can have on the client / counsellor therapeutic relationship in a multicultural society. They will also examine power issues within the counselling process.

Counselling Theory – In this unit, learners will analyse one major theoretical approach to influence, inform and empower their practice as a counsellor. They will also compare other theoretical approaches alongside the major approach.

Advanced Counselling Skills – Learners will demonstrate a range of skills illustrating their development as practitioners. In addition, they will learn that counselling is a managed activity, with emphasis being given to the importance of opening and closing a series of sessions.

Self-awareness for Counsellors – 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.

Research Methodologies in Counselling – In this unit, learners will explore the importance of research in counselling. They will develop their research skills and will learn how to present findings.

Counselling Placement – Learners will complete this unit linked to a supervised counselling placement practice of 100 hours. They will analyse

how their theoretical approach has influenced their practice, and evaluate learning gained from supervision.

***In 2016 Ofqual introduced changes to the way hours of guided learning are defined. The amount of hours attributed to the Counselling Placement unit has therefore changed from 120GLH to 20GL.**

Note: the unit still includes a mandatory 100 hour counselling placement.

What could this qualification lead to?

The Level 4 Diploma is concerned with the training of counsellors to a professional level of competency. Many learners progress towards national accreditation status with professional lead bodies. If learners wish to approach a professional regulatory body, they will need to ensure that they meet their requirements.

There is potential for this qualification to help learners looking for employment in a particular variety of settings e.g. GP practices and voluntary and statutory organisations.

Will this qualification lead to further learning?

Learners who successfully complete the SEG Awards Level 4 Diploma in Therapeutic Counselling may progress onto 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 the counsellor is fit to practice.

Many learners progress towards national accreditation status with professional lead bodies such as the BACP. If learners wish to approach a professional regulatory body such as the BACP, they will need to ensure that they meet their requirements –

<https://www.bacp.co.uk/membership/accreditation/>

For further information visit

<https://skillsandeducationgroupawards.co.uk>