

Introduction to Counselling Skills

Course Type: Part Time Love2Learn

Duration: 10 weeks

Location: City Centre Campus

On this introductory course you will be given the opportunity to practice counselling skills in a safe and friendly environment, and develop an understanding of the profession. This is ideal for anyone who already works in a helping role or anyone who is interested in enhancing their people and communication skills, or improving their self-awareness. The course is also suitable as an introduction to further training for those who wish to become a qualified counsellor.

What topics are covered?

You will develop skills in listening and responding, and be introduced to the three main approaches to contemporary counselling: person-centred, psychodynamic, and cognitive behavioural therapy.

What are the entry requirements?

There are no specific entry requirements for this programme.

What qualifications will I gain?

College Certificate in Counselling.

Who is the awarding body?

Bath College

How will I learn?

Combination of theory and practical exercises.

What can I do after this course?

This introductory course is ideal for those who wish to progress into counselling qualifications – we offer level 2 and 3 Certificates in Counselling, after which you can progress to further training and accreditation with organisations such as the BACP or the CPCAB.

Which department is this course in?

Department of Sport, Leisure & Care

Where will I need to go on my first day?

On your first day, please report to the Reception in the **Roper Building** at [City Centre Campus](#).

What do I need to bring?

Please bring a notepad and pen. All other materials will be provided.

What else do I need to know?

To avoid disappointment, please make sure you enrol on your chosen course early. Decisions regarding running or cancelling a course are made one week prior to the start of the course. If a course is cancelled, you will be informed and your course fees refunded in full. Please see [Terms and Conditions of Enrolment](#).

The course will not run on bank holidays or during half term. Please check the [term dates](#).

Where can I find out more information?

If you need help or answers to specific questions, please contact the [Student Advice Centre](#) on [01225 312191](tel:01225312191) ext 720 or email info@bathcollege.ac.uk.

How do I enrol?

You can enrol on this course:

Online: Click the "Add to Cart" button to enrol online.

Phone: Call [01225 328720](tel:01225328720) during our [opening hours](#)

Post: Download the [Love2learn Learning Agreement](#) and send to Student Advice Centre, Bath College, Avon Street, Bath BA1 1UP.

In person: Visit the [Student Advice Centre](#) in either of our campuses

Please see [how to enrol](#) for more detailed information.