Grŵp Colegau NPTC Group of Colleges
Datblygu Busnes
Business Development

Inspiring Learning,
Enriching Lives, Delivering Success

Level 2 Certificate in Counselling Skills (Part-Time)

This qualification is designed to give you the underpinning knowledge, skills and competencies to use counselling skills ethically and safely in a variety of contexts. It is awarded and externally verified by CPCAB (Counselling and Psychotherapy Central Awarding Body). You will develop core skills for supporting others, whether you are taking your first steps towards training as a professional counsellor or enhancing your role in a helping profession. The course can support progression into further counselling training or improve your employability in roles where supporting others is key.

Day and time:
Either Tuesday 5.00-8.00pm online (evening) OR
Wednesday 9.00-2.30pm (daytime)
Start date: September 2026
Duration: One year (September to June)

Who is this course for?
- Adults with no previous counselling training who want to start their journey into counselling
- Those working in roles such as health and social care, education, advocacy or support work
- Individuals looking to improve their communication skills and personal or professional relationships

What you will learn
- Core counselling theories, ethical practice and the limits of the helping role
- Active listening, responding and communication skills to support others
- The importance of self-awareness and reflective practice in helping work
- Working with Difference and Diversity

On completion, you will gain a Level 2 Certificate in Counselling Skills, providing a recognised foundation for further study and enhancing your ability to support others in professional and personal contexts.

Entry Requirements

- No previous training or experience is required
- Learners must be aged 21 or over
- Interview prior to enrolment

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Career Prospects

This course provides a starting point for a career in counselling and can lead to progression onto Level 3 and Level 4 counselling qualifications. It is also valuable for those in helping professions such as teaching, health and social care, mediation, and support work, where enhanced communication and counselling skills can support career development and progression.

Course Modules

- Use counselling skills ethically and safely
- Establish and sustain the boundaries of the helping role
- Work empathically as a helper
- Focus on the helpee's needs and concerns
- Use self-awareness in helping work
- Use a range of listening and responding skills to facilitate the helping interaction
- Use feedback and reflection to enhance counselling skills

Assessment

Internal assessment through a tutor-assessed portfolio of evidence where students are required to be Proficient across 7 learning outcomes. We are externally verified by CPCAB.

Additional Costs

CPCAB registration may apply.

STUDY MODE

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LOCATION

Afan College - 03308 188 100

COURSE LENGTH

1 Year

FEES

19/20 fees: £500