

# Counselling

## Counselling and Helping Skills

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This new course will introduce you to the use of helping skills in everyday life and work.

### What are the entry requirements?

There are no specific requirements to study this course, however, you may find it helpful if you have achieved a Level 1 qualification. You will need to complete written assignments using an acceptable level of English language.

### Need more information?

You can find out more about Northern College and the courses on offer by calling us on 01226 776000 or emailing us [courses@northern.ac.uk](mailto:courses@northern.ac.uk)

## Course description

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The qualification is designed for anyone who uses, or would like to use, helping skills at work or in a personal capacity. This may include students who wish to progress towards further qualifications, or students who wish to study this programme in order to complement other programmes (eg health and social care, children's care, learning and development, voluntary and community work).

You will learn:

- Developing self-awareness for the helping relationship
- Developing listening and communication skills for the helping relationship
- Managing the helping relationship

## What can this course lead to?

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- Level 2 Certificate in Counselling Skills

- Level 3 Award in Counselling Skills and Theory
- Level 3 Diploma in Counselling Skills

## Want to learn more?

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You can find out more about Northern College and the courses on offer at one of our Open Events [<https://www.northern.ac.uk/open-events/>]

## Location

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1-Onsite

**Last updated:** 9th April 2024