



Training by Liberty *Certificate in Counselling Skills*

Thank you for your interest in the Certificate in Counselling Skills (Equivalent level 2/3 combined) course due to begin September 2024. NCPs Quality Checked

I have included here some basic information that I hope will help you to understand what this course is all about.

The course is run over 30 weeks, giving you 90 hours of face to face training and will provide you with the tools and knowledge that will help you feel prepared to embark on the final leg of becoming a counsellor. The core model of the course is Person-centred as this is a model that is built on the relationship between counsellor and client, but you will also be taught some Cognitive Behavioural and Psychodynamic Theory to provide a well-rounded understanding of theory.

Module 1: Working ethically in helping relationships: *This module investigates what counselling is along with exploring ethics, an important aspect of becoming a counsellor in practice.*

Module 2: Understanding different theories of counselling. *This module will provide theoretical knowledge of the 3 major schools of counselling theory, Psychodynamic, CBT and Humanistic*

Module 3: Developing and practising counselling skills: *This module will allow development of basic counselling skills*

Module 4: Working with difference and diversity: *To ensure that the learning is relevant and inclusive you will investigate the Equality Act 2010 along with considering your own relationship with difference.*

Module 5: Understanding the importance of self, and personal development: *This module will allow understanding of who you are and how that may impact working with clients.*

The assessments include:

- Essays
- Presentations
- Skills sessions
- Classroom participation
- Group work

You will have access to course materials through Google Classroom throughout the duration of your course.

The cost of the 30-week course is £850. You can secure your place by completing the course registration form which can be requested at info@libertytalkingtherapy.com

Training By Liberty
£998: Sept 23

