



GATEWAY LEVEL 1 AWARD IN COUNSELLING SKILLS

COURSE SUMMARY:

If you have already completed the Listening and Counselling workshop and would like to learn more, then this accredited Level 1 course will enable you to gain theoretical knowledge and develop your practical skills.

ENTRY REQUIREMENTS:

- You have successfully completed the Listening & Counselling workshop
- You are not experiencing mental health challenges or currently having counselling
- You are happy to work in threes as well as in small groups for skills practice

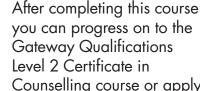
WHAT WILL YOU DO ON THIS COURSE?

This course will challenge your beliefs, concepts, and values, as you gain theoretical knowledge and develop your practical skills in active listening and counselling. On this course you will learn about:

- ✓ How listening and counselling can help the client with life issues
- ✓ The skills and theories used by counsellors
- ✓ How to show empathy in a counselling context
- ✓ Becoming more self-aware in order to demonstrate acceptance
- ✓ How to observe boundaries when using listening & counselling.
- ✓ How to practice active listening skills in a small group
- ✓ You will work in pairs and participate in large group discussions; you will also need to be comfortable taking part in a range of

practical skill-building activities

✓ All learners will be required to keep a portfolio of work and handouts, which will be assessed



you can progress on to the Gateway Qualifications Level 2 Certificate in Counselling course or apply for jobs requiring you to have a listening role.

AWARD:

PROGRESSION FROM

THIS COURSE:

Gateway Level 1

in Counselling

Please be aware that you cannot join the class after session 2





