



Education & Skills
Funding Agency



**WORK
SKILLS**

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 skills
- ✓ **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



AWARD:

**Gateway Level 1
in Counselling**

PROGRESSION FROM THIS COURSE:

After completing this course 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.

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



**REALISE
FUTURE-S**

Enhancing people's lives

THE GATEWAY TO LEARNING IN YOUR COMMUNITY