

## General Enquiries

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## Level 2 Award in Counselling Concepts

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|-------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| Location    | Stockport College                                                                                                                                        |
| Course Type | Adult                                                                                                                                                    |
| Department  | Counselling                                                                                                                                              |
| Start Date  | Thursday 15th January 2026                                                                                                                               |
| Duration    | Part-time, 10 Weeks                                                                                                                                      |
| Time        | 13:00 - 16:00                                                                                                                                            |
| Fee         | £ 243.00<br>You may be eligible for support with your tuition fees - please visit the college website - funding and finance page for further information |
| Course Code | SPQ-CU2A-1600                                                                                                                                            |

## Course Overview

This course is for those who wish to return to study, seek a career change, undertake voluntary work, enhance career prospects through extra qualifications or train as professional counsellors.

The programme is delivered by experienced counselling practitioners who have many years' experiences teaching at this level. The course will allow you to undertake and achieve a Level 1 Counselling Skills qualification on completion. More information available on request.

The course is fully funded for most Greater Manchester residents and more information on funding is available on application.

## Course Requirements

As a minimum requirement you must have English GCSE and be able to confidently produce work at Level 2 standard. We are able to take people of 19 years or over. However, due to the nature of the course, emotional resilience and an ability to reflect and draw on life experiences is essential. You will need to understand the demanding and personal nature of the course. Whilst this course is by no means 'therapy' for some it can present an emotional challenge.

## What You Will Learn

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By the end of this course you should be able to:

Enhance and improve your verbal and written communication skills, emphasis will be given to working in groups and teams.

Have a realistic understanding of the demanding nature of vocational training, especially in counsellor skills training.

Have experienced work in an experiential manner that will include a high element of personal growth work, developing further self-confidence and self-esteem.

Have the necessary basis to move into the next level of counsellor training.

Utilise knowledge in such a way as to help directly in the world of work.

## Assessment

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You will be required to complete a written workbook to evidence your learning whilst on the course. Homework will be set each week, either written work or reading. Students are encouraged to keep a personal journal, and your tutor will offer advice and guidance in relation to all subjects taught on the course.

## Progression

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Successful completion of this course will provide you with one of the entrance requirements for SEG Certificate in Counselling Skills Level 3.

Please note that progression from the Level 2 programme onto the Level 3 programme is not automatic. You are advised to check with your tutors regarding selection procedures which may require further evidence of your suitability to progress to Level 3.

## Career Options

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Completing a Level 2 Award in Counselling skills course is an excellent starting point for individuals interested in pursuing a career in counselling or related fields.

Support Worker

Caregiver

Mental Health Support Worker

Youth Support Worker

Crisis Helpline Volunteer

Life Coach

Peer Support Specialist

Human Resources (HR) Assistant

Addiction Support Worker

Educator or Trainer

Nonprofit or Community Organisation Roles

## Mandatory Units

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### Level 1 Units

Understanding Counselling Skills

Using Counselling Skills to Help Others

### Level 2 Units

The professional context of counselling

Communication skills in helping relationships

An introduction to personal development

## Contact Details

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For further information please contact T: 0161 886 7070 or E: [info@trafford.ac.uk](mailto:info@trafford.ac.uk)

## Disclaimer

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Although every care has been taken to ensure that the information contained within this document is accurate, there may be changes to this programme and provision. We will endeavour to keep prospective and current students updated where appropriate and when the information becomes available.