

## General Enquiries

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# Level 5 Diploma in Psychotherapeutic Counselling

Location	Stockport College
Course Type	Adult
Department	Counselling
Start Date	Monday 28th September 2026
Duration	Part-time, -11 Weeks
Time	10:00 - 16:00
Fee	£ 811.00
Course Code	SPQ-CU5D-1200

## Course Overview

The Level 5 Diploma in Psychotherapeutic Counselling (PC-L5) is a comprehensive, practitioner-focused course covering advanced counselling skills, ethical practice, and therapeutic techniques, leading to BCAP accreditation and professional qualification.

## Course Requirements

**Level 4 Qualification:** Completion of a Level 4 Diploma in Counselling or equivalent, demonstrating foundational counselling knowledge and skills.

**Experience in Counselling:** Some courses may require students to have practical experience, such as a certain number of hours spent in client work during their Level 4 studies.

**Personal Qualities:** A demonstrated ability to engage in self-reflection, emotional resilience, and a commitment to personal development.

**References:** Professional or academic references supporting the applicant's suitability for advanced study in psychotherapeutic counselling.

**Interview:** An interview may be required to assess the applicant's readiness and motivation for the course.

## What You Will Learn

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In the Level 5 Diploma in Psychotherapeutic Counselling, you will learn advanced therapeutic techniques, ethical practice, working with complex client issues, personal development, reflective practice, and professional standards to meet BCAP accreditation requirements.

## Assessment

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**Coursework:** Written assignments, case studies, and reflective journals to demonstrate understanding of theory, practice, and self-awareness.

**practical Skills Assessment:** Observed counselling practice, often assessed through role-play or live client work under supervision.

**Portfolio:** A collection of work that showcases personal development, case studies, and professional growth throughout the course.

**Supervision Reports:** Feedback from clinical supervisors regarding the student's progress, skills, and ethical practice.

**End-of-Course Evaluation:** A final assessment, often involving a combination of theoretical and practical evaluations.

# Progression

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Progression routes after completing the Level 5 Diploma in Psychotherapeutic Counselling include:

## Further Qualifications:

- Level 6/7 Advanced Diplomas in Counselling or Psychotherapy for those wishing to specialise further or meet specific professional requirements.
- Master's Degree in Counselling, Psychotherapy, or a related field for deeper academic and professional development.

## BCAP Accreditation:

- Upon completing the Level 5 diploma, graduates can seek BCAP accreditation to work as a fully qualified, registered psychotherapist or counsellor.

## Private Practice:

- Many graduates choose to establish a private practice or work as an independent therapist.

## Specialist Roles:

- Graduates can work in specialised areas such as mental health, addiction counselling, or family therapy.

## CPD and Professional Development:

- Engaging in continuing professional development (CPD) to keep skills updated, particularly in specific therapeutic methods or client issues.

# Career Options

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**Psychotherapist:** Providing therapy in private practice or within health services, supporting individuals with emotional, psychological, or behavioural issues.

**Counsellor:** Working in various settings such as schools, universities, community organisations, and hospitals, offering support to clients dealing with mental health, trauma, or life challenges.

**Mental Health Professional:** Specialising in working with individuals experiencing mental health disorders, in clinics, hospitals, or rehabilitation centres.

**Addiction Counsellor:** Supporting clients struggling with addiction, working in rehab centres or treatment programs.

**Employee Assistance Program (EAP) Counsellor:** Providing counselling support to employees within corporate settings.

**Supervisor or Trainer:** Supervising or training future counsellors and therapists in academic or professional settings.

**Family or Couples Therapist:** Specialising in relationship and family counselling, helping couples and families improve communication and resolve conflicts.

**Social Services:** Working alongside social workers to provide counselling support for vulnerable populations.

## Mandatory Units

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**Professional Practice in Psychotherapeutic Counselling**  
(Ethics, boundaries, supervision, and reflective practice)

**Therapeutic Interventions**  
(Techniques and approaches for working with clients)

**Working with Complex Client Issues**  
(Addressing a range of mental health concerns and life challenges)

**Personal Development and Self-Awareness**  
(Developing self-reflection, emotional resilience, and insight)

**Research and Evaluation in Counselling Practice**  
(Understanding research methods and applying evidence-based practices)

## Contact Details

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For further information please email [HEenquiries@tcg.ac.uk](mailto:HEenquiries@tcg.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.