

SQA Level 5 Introduction to Counselling Skills

Information

A qualification suitable for those looking to get started in the world of counselling or simply improve communication skills.

The **SQA Level 5 Introduction to Counselling Skills** is designed as a foundational course for anyone interested in developing basic counselling skills. It's not about becoming a professional counsellor straight away, but it's an excellent entry point to understand the core skills and principles that underpin effective counselling.

This qualification is ideal for people who want to learn how to engage with others in a supportive, empathetic, manner.

The course covers essential skills like **active listening**, **building rapport**, **reflecting feelings**, and **questioning techniques**—all of which are invaluable in any role where you interact with people. Whether you're working in healthcare, education, social services, or even just looking to improve your relationships at home or in your community, these skills are universally useful.

What will you Learn?

Understanding the Role of a Counsellor

You'll gain a clear understanding of what it means to be a counsellor and the ethical and professional boundaries involved. This includes learning about confidentiality, maintaining trust, and being non-judgmental.

- 1. Effective Communication Techniques**

This is all about learning how to communicate in a way that's both supportive and respectful. You'll learn how to ask open-ended questions, listen actively, and reflect back the speaker's emotions in a way that helps them feel understood and validated.

- 2. Building Rapport**

Building trust is central to any counselling relationship. You'll discover how to establish a strong, empathetic connection with others, making them feel comfortable to open up and share their feelings.

- 3. Self-Awareness**

A huge part of counselling is being aware of your own emotions and responses. The course encourages self-reflection, helping you understand how your personal experiences may shape your interactions with others.

- 4. Theories of Counselling**

While this is just an introduction, you'll be introduced to key theories and models of counselling, like Person-Centred Therapy and Cognitive Behavioral Therapy, giving you a broader perspective on how counselling works.

5. Develop Confidence in Helping Others

Who is the course for?

SQA Level 5 Introduction to Counselling Skills for:

- **Those interested in working in the helping professions** like healthcare, social work, or education.
- **People looking to improve their communication and interpersonal skills** for their current job or personal life.
- **Anyone curious about counselling or therapy** and interested in exploring the field before committing to further studies.
- **Those who want to improve their own emotional awareness** and learn how to be more supportive in their relationships.

Cost & start date

The cost of the course is: £275

The course starts on the **4th of February 2025** on a Tuesday morning from 9.30 am until 12.30 pm for 12 weeks.

How to Apply: please complete an enrolment form and submit asap to gtaylor@moorehouse.org.uk