



Counselling Skills Certificate - J087

The SEG Awards Level 2 Award and Certificate in Counselling Skills are made up of credit rated units developed in association with Skills for Health, the Sector Skills Council for the Health and Social Care Sector, and awarding organisation partners.

This qualification is designed for those learners who have had no previous experience of using counselling skills.

The SEG Awards Level 2 Award and Certificate in Counselling Skills qualifications aim to enhance and improve verbal written communication skills, provide a basic understanding of what counselling is about and be able to compare and contrast counselling with other forms of helping activities, and introduce learners to experiential learning processes that will include a high element of personal growth work, developing further self-confidence and self-esteem.

COURSE DETAILS

The SEG Awards Level 2 Certificate in Counselling Skills qualification covers four topics looking at:

CSL3U1 — Understanding the Context for the use of Counselling Skills — This unit is intended to deepen the learners' understanding of the significant differences between a person who uses counselling skills in another occupation and a fully trained and qualified counsellor. Learners will explore key legal and ethical issues based on an ethical framework for counselling and psychotherapy in a multi-cultural and diverse society. The need for and the importance of casework supervision will be highlighted.

CSL3U2 — Understanding Counselling Theory — In this unit, learners will study one major therapeutic model of counselling in depth to empower the learner to reflect constructively on its value and use when working with people. They will also reflect on two other therapeutic models of counselling to raise awareness of other models.

CSL3U3 — Using Counselling Skills — Through practice, learners will explore a range of skills used within the counselling profession. Additionally, they will understand that sessions in which counselling skills are used are professionally managed activities with a start, middle and end. Cultural differences are recognised, acknowledged and worked with.

CSL3U4 — Personal Development for Users of Counselling Skills — In this unit, learners reflect on how the study of counselling theory, the use of counselling skills and feedback received can inform personal development and growth, in particular their understanding of self.

TIMETABLE INFO

Wednesday 11:30-15:00 Or Wednesday 17:30-21:00 Or Thursday 12:30-16:00

ENTRY GUIDELINES

You must be 19 or over to study on this course.

Minimum of 3 GCSE's at grade D or above. In some cases applicants may be able to demonstrate suitability for the course which is outside the standard entry criteria. Such applications can be considered on individual skills, experience and likelihood of a successful outcome.

This qualification can be emotionally difficult. If you are having personal therapy or receiving psychiatric treatment, we may seek evidence from an appropriate person as to applicants suitability for the course, with permission.

The course involves experiential elements that will involve some personal disclosure and associated personal developmental activities.

If English is not your first language, you may need an assessment before enrolling on this course. To discuss further, please contact the ESOL department on 0151 551 7144.

ADDITIONAL INFORMATION

85% attendance is required but 100% is expected due to the experiential nature of the course. Please be aware that if your long term goal is to work with vulnerable adults or any person under the age of 18, it will be necessary to undergo a Disclosure and Barring Service (DBS) check at any required college work placement, or eventual place of work.

WHERE CAN I PROGRESS TO?

Progression on to the Level 3 Certificate in Counselling Studies

Explore potential careers via [Career Match](#) — it provides current local data on wages and employment prospects.

You could progress to these Wirral Met courses:

- [J089 - Level 3 Certificate in Counselling Skills SEG](#)

WHEN DOES THIS COURSE RUN?

CAMPUS	ATTENDANCE	COURSE CODE	PLANNED TIME TABLE
	Part Time	J087Q001	
If you are aged 19 or over:			
Fee : £811.00			
<i>The fee quoted is for the academic year 24/25.</i>			

For advice and guidance, please contact Student Services via our [online enquiry form](#)

This information was current on 01st July, 2025 and may be subject to change.