

Expectations for students undertaking the Certificate in Counselling Skills

The Certificate in Counselling Skills course aims to equip you with the tools, knowledge, and self-awareness you will need to be an effective listener. This course consists of both synchronous and asynchronous learning. In the taught classes you will be provided with an opportunity to participate in discussions and exercises to embed the theory, along with practice sessions to develop and build your skills.

It is expected that you will access the materials on MyAberdeen and conduct further research on the topic prior to class. You should expect to spend **15 hours' study per week for the two-year course** and **30 hours' study per week for the immersive, one-year course**, consisting of theoretical reading; one or two 3-hour classes (depending whether you are undertaking the two-year course or one-year course), assessment writing (Weekly learning logs, essay, review of practice and participation). As the Immersive course is an expedited route to completing the Certificate, the course can be experienced as very intense, both in terms of the theoretical learning being undertaken, as well as the self-development involved.

You need to ensure you can set time aside to undertake this course, particularly if you are considering the immersive option. I would also advise you make sure you have support in place, as the topics may trigger previous difficulties. **Please note if you have attended Counselling sessions previously in the last year you cannot apply for any Counselling courses.**

As previously mentioned, the counselling skills courses cover very emotive topics around exceedingly difficult life experiences, especially in module three of the two-year course and module two of the one-year course.

Module One

Helping relationship

Active listening skills

Core conditions

Ethics

Confidentiality and Contracting

Importance of self- awareness

Beginnings, middles, and endings

Module Two

Different therapeutic approaches

Person- centred approach

Pluralistic approach

Cognitive Behavioural Therapy

Psychodynamic

Attachment theory

Power and Boundaries

Module Three

Different Diagnoses

Sexuality and Gender

Race and Culture

Loss, Bereavement and Suicide

Addiction

Abuse

Children and Young people

Safeguarding and Agencies

Module Four

Embedded Counselling

Continuous Professional Development and Self- Development

Working with Groups

Self-care, Support and Burnout

Support through Technology

Supervision

Research in Counselling

This is why we ask students to take time to consider whether this course is suitable for you currently. The course asks you to look at your own life experiences and consider how this might impact you as a listener. You are also required to **participate in triad practice sessions** as a listener, speaker and observer and you need to be aware that you might find it difficult either sharing, or listening to, painful experiences.

If you feel this might be a struggle for you, I encourage you to pick a different elective, as you would not wish to have to make up the credits (15 credits per semester for the two-year course and 30 credits per semester for the one-year course) if you had to leave the course midway through.