

**CERTIFICATE IN COUNSELLING**

**SEPTEMBER 2026-JULY 2027**

**AIMS AND OBJECTIVES**

**AIMS:**

* To provide trainees with a sound knowledge and understanding of basic counselling skills.
* To provide trainees with opportunities to practise these skills.
* To impart knowledge about basic human development theory.
* To learn about a range of different counselling models.
* To introduce the British Association for Counselling and Psychotherapy (BACP) Ethical Framework for the Counselling Professions (2018). \*
* To work with issues of diversity.
* To provide a safe space for personal exploration and development.
* To provide opportunities for professional feedback.

**OBJECTIVES:**

* To develop an understanding of what counselling is and how it differs from helping skills and other supporting roles.
* To introduce and practise a range of counselling skills, e.g., active listening, mirroring, use of reflecting and paraphrasing skills, adopting a non-judgemental and empathic approach.
* To recognise, understand and work with different forms of communication, e.g., verbal, non-verbal, use of body language, unconscious, etc.
* To explore some of the key contributors informing basic human development theory.
* To explore a range of different counselling models.
* To understand and apply professional counselling boundaries and a therapeutic frame to the work.
* To appreciate the relevance and importance of working within a professionally recognised, ethical framework, i.e., the BACP Ethical Framework for the Counselling Professions (2018). \*
* To explore issues of diversity and to work with difference.
* To provide a safe space for self-exploration and self-development.
* To practise what is learnt through role plays and experiential group work activities.
* To provide a range of opportunities for professional feedback.
* To understand the need for professional supervision.
* To explore the possibility of training as a psychodynamic counsellor with Highgate Counselling Centre.
* To examine further training opportunities and routes for progression.

**\* Reference:**

BACP. (2018) *Ethical Framework for The Counselling Professions*.

Available at: <https://www.bacp.co.uk/events-and-resources/ethics-and-standards/ethical-framework-for-the-counselling-professions/>

[Accessed 10 December 2024]