

Unit Title: Introduction to Counselling

Please note that this unit is expiring from any new learner registrations on 31/07/2019. Please contact AIM Awards for information on replacement qualifications on 01332 341822.

Unit Level:	Two
Unit Guided Learning Hours:	15
Ofqual Unit Reference Number:	K/506/3029
Unit End Date:	31/07/2019
Unit Sector:	1.3 Health and Social Care

Unit Summary

This unit is a basic introduction to counselling and the use of counselling skills. The aim is to provide learners with a basic knowledge of the counselling profession and an understanding of and ability to use basic counselling skills in a practical setting.

Unit Information

It is expected that before the unit is delivered, the tutor will have read the Qualification Specification to ensure all conditions regarding Rules of Combination, delivery, assessment and internal quality assurance are fulfilled. Additional guidance is available below as Assessment Guidance for Learning Outcomes and Assessment Criteria in **bold**.

This unit has 7 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand the differences between counselling, counselling skills and other helping activities	1.1. Differentiate between counselling, counselling skills and other helping activities
2. Understand the role of professional frameworks or codes of ethics/practice/conduct	2.1. Identify codes of frameworks that govern the practice or conduct of a profession 2.2. Describe the importance of a framework or code in counselling
3. Know about the core personal qualities that enable the competent and ethical use of counselling skills	3.1. Identify core qualities that enable competent counselling or use of counselling skills 3.2. Describe core personal qualities that are important when counselling or using counselling skills

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LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
4. Know about basic counselling skills	4.1. Identify basic counselling skills 4.2. Describe basic counselling skills
5. Be able to demonstrate counselling skills	5.1. Demonstrate basic counselling skills
6. Be able to engage in constructive feedback	6.1. Demonstrate receiving constructive feedback 6.2. Demonstrate giving constructive feedback
7. Understand the importance of confidentiality in counselling	7.1. Describe the importance of confidentiality in counselling 7.2. Identify the limits to confidentiality

Assessment

This unit is assessed by:

- an online multiple choice examination which is available on-demand and is externally set and marked by AIM Awards. The assessment comprises eighteen randomly generated questions, unique to the individual learner. Nine assessment criteria are tested, each by two questions. In order to pass the assessment, the learner must get at least one question correct for each assessment criterion and achieve a pass mark of at least 60%
- role-play which is internally set and assessed

Assessment Guidance

This is an introductory qualification; learners are not Counsellors. It should be emphasised that using basic counselling skills is not the same as counselling.

Learning Outcome 2

Role of professional frameworks or codes of ethics/practice/conduct: such as the British Association for Counselling and Psychotherapy and the National Counselling Society.

Learning Outcome 3

3.1 & 3.2 Core qualities: for example basic counselling skills in listening, attending and responding appropriately: these skills may include active listening, accurate reflection of content and feeling; paraphrasing and summarising.

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Learning Outcome 4

4.1 & 4.2: Basic counselling skills: active listening, attending, paraphrasing, reflecting feelings, summarising, focusing, challenging and confronting, immediacy, asking the right questions.

Learning Outcome 5 and 6

Demonstrate counselling skills: learners will identify and practise essential communication and inter-personal skills. Learners will look at the importance of beginnings and endings in counselling relationships and have an awareness of diversity and difference between people (gender, sexuality, ethnicity etc.). In the development of skills, there will be an emphasis on self-awareness and self-reflection.

5.1, 6.1 and 6.2 Demonstrate: in a role play.

Indicative Content

Learning Outcome 1

1.1 Differentiate: learners must include the cultural and historical origins of counselling. What is counselling and how does it differ from other helping relationships?

Evidence Requirements

Evidence of practical ability must be demonstrated for Learning Outcomes 5 and 6.

Reading List

Recommended Reading

Pete Sanders - **First Steps in Counselling: A Students' Companion for Introductory Courses** (4th Edition): Publisher – PCCS (2011)

Linda Mather - **Introduction to counselling skills and theory** – Publisher : CreateSpace Independent Publishing Platform (2014)

Margaret Hough - **Counselling Skills and Theory (4th Edition)** - Publisher – Hodder (2014)