



Approved Centre
Counselling & Psychotherapy
Central Awarding Body

Level 2 Certificate in Counselling

Educators • Tutors • HR • Management • General Public

A 90-hour course, either this, or the Level 2 Introduction to Counselling Skills, will be your first experience of counselling skills training.

Candidates will be offered the opportunity to learn the underpinning knowledge, skills and competencies to use counselling skills ethically and safely in a variety of contexts and roles.

Example of topics covered in this course

- The importance of boundary setting and confidentiality
- Carl Rogers' core conditions
- Egan Skilled Helper Model
- Working with difference and diversity
- The importance of endings
- Plus many more ... there are too many to list here!

Course delivery

Length: 90 hours

Delivered over 18 weeks of 6-hour lesson slots via Zoom

No. of delegates: 18 maximum

Course materials:

- ✓ weekly handouts
- ✓ learning aids provided

Any candidate who completes the course to a satisfactory level, both in completing their portfolio and passing the assessment, will receive a CPCAB-accredited qualification.

These qualifications are internationally accredited. In addition, completion of the Level 2 and upon recommendation from your Tutor will give you an automatic spot on a Level 3 course of your choosing.

Mind Your Health will be facilitating Level 2 courses both during the day and evening, with the lessons being in 6-hour slots in length over 18 weeks. Timings will be beneficial to those in the UK, with a set number of courses set to times convenient to those in international time zones.



For further information or to book, please contact George Peterkin at:

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mind your health

Mental Health First Aid • Suicide First Aid • Safeguarding • Mental Health Warrior® Awareness