



**Approved Centre**  
Counselling & Psychotherapy  
Central Awarding Body

# Level 2 Introduction to Counselling Skills

Educators • Tutors • HR • Management • General Public

This is our foundation course which all interested candidates need to attend first.

A 30-hour course, this will introduce candidates to key aspects of being a 'helper', and begin to slowly apply therapeutic theories as they listen to those in needs.

Beyond the skills and qualification, the Level 2 is an opportunity for candidates to experience counselling or coaching training without a lengthy period of dedication required in a Level 3 course.

## Topics covered in this course

- Understanding boundaries and how to set them
- Identifying the needs of the person
- Developing self-awareness and reflection
- Initial counselling skills such as empathic understanding
- Verbal and non-verbal communication
- How to end interactions appropriately and safely

## Course delivery

- Length:** 30 hours  
Delivered over 10 weeks of  
3-hour lessons via Zoom
- No. of delegates:** 18 maximum
- Course materials:**
- ✓ weekly handouts
  - ✓ learning aids provided

Any candidate who completes the course to a satisfactory level will receive CPCAB-accredited qualification. 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 3-hours in length and spread over 10 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 apply, please contact George Peterkin at:

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*Please note that we work on a 'first-come, first-served' basis*



mind your health