

## Counselling

Ayrshire College

### Venues

Ayr Campus

### Content

This course focuses on the three main areas required to effectively counsel people in different circumstances - counselling theories, practical counselling skills and personal development

What you will learn

You'll explore behavioural and cognitive counselling theory; How psychological or emotional difficulties are acquired and perpetuated; How to support changed thinking or behaviour; Humanistic counselling theory; Psychodynamic counselling theory; Group counselling skills; Counselling skills; Self-evaluation and awareness.

You'll also hear from a wide range of professional practitioners from local counselling and support services.

### Start Date

August

### Qualification

HNC

### Study Method

Full time

### Course Length

1 year

### Department

Health and Social Care

### Entry Requirements

2 relevant Highers including English plus preferably National 5 Maths, or Higher Health and Social Care (Level 6), or other relevant national qualifications at SCQF Level 6. Entry is subject to an interview.

### SCQF Level

7

## SCQF Points

«SCQFPoints»

## Progression Routes

Degree, postgraduate certificate or postgraduate diploma programme, or employment.

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Dam Park  
Ayr  
KA8 0EU

## Website

www1.ayrshire.ac.uk