

First Steps to Counselling and Mental Health

Ayrshire College

Venues

Ayr Campus

Content

This course introduces learners to basic counselling theory and skills before helping them to develop a more in-depth knowledge of counselling theory for practice. Good communication skills are essential to counselling and they will be a valuable feature of the course. Other content includes:

Social Influences and the social behaviour of people; Human Development and Behaviour; Values and Principles; Substance Use and Misuse.

There will be a particular focus on mental health and further relevant units of study will consolidate a varied and interesting curriculum.

Start Date

August

Qualification

Other

Study Method

Full time

Course Length

1 year

Department

Health and Social Care

Entry Requirements

5 relevant subjects at National 5 including English and preferably Maths, or Health and Social Care (Level 5); or other relevant national qualifications at SCQF Level 5. Entry subject to interview and satisfactory reference.

You will require a satisfactory criminal record check from Disclosure Scotland to show that you are suitable for this type of course. Contact Disclosure Scotland for details on the type you would need.

SCQF Level

6

SCQF Points

«SCQFPoints»

Progression Routes

HNC Level counselling or social care courses.

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

Address

Dam Park
Ayr
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Website

www1.ayrshire.ac.uk