

## Counselling

UHI Moray

### Venues

Main campus  
Virtual Learning Environment (VLE)

### Content

This HNC Counselling is designed to appeal not only to those who wish to progress and eventually qualify as a counsellor, but also to those practicing in any sector that would benefit from the range of skills employed in a helping/supporting relationship, for example: community work; social care; education; criminal justice; health services; and voluntary work.

The course integrates theory, skills practice, reflection, and self-development. There is a strong emphasis on personal development and there will be work relating to reflective skills, self-awareness, assertiveness, and dealing with challenges. The HNC doesn't qualify you to practice counselling but is the ideal stepping stone if you wish to proceed onto this career path.

Core modules include:

Cognitive and behavioural counselling theory; Humanistic counselling theory; Loss, grief and bereavement; Psychodynamic counselling theory; Relationship-centred counselling; Understanding addictive behaviours; Work placement (this is a taster placement, you will not deliver counselling at this stage).

### Start Date

September

### Qualification

HNC

### Study Method

Part time (day)

### Course Length

2 years

### Department

Health and Wellbeing

### Entry Requirements

Counselling qualification at SCQF Level 6.

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

7

## Progression Routes

«ProgressionRoutes»

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Moray Street  
Elgin  
Moray  
IV30 1JJ

## Website

[www.moray.uhi.ac.uk/](http://www.moray.uhi.ac.uk/)