



AWARDED BY CPCAB
REGULATED BY OFQUAL

LEVEL 3 COURSE

IN COUNSELLING STUDIES

SEPT 2025 - MARCH 2026

AN IN-DEPTH EXPLORATION OF THE INTEGRATION OF
COUNSELLING THEORY IN PRACTICAL COUNSELLING
SKILLS, AND TO DEEPEN SELF AWARENESS



VENUE:

Willows Counselling & Training
The Willows Centre
Swindon - SN1 3LQ - Wiltshire

UK Charity No 1185304



Is this the course for me?

COURSE DETAILS



COURSE OVERVIEW

The course approach combines practical counselling skills training, theoretical study, and self-awareness and personal development work. Students will gain a deeper understanding of three main counselling theories; Person Centred, Psychodynamic, and CBT, as well as a good working knowledge of the Willows Integrative model. Students will begin to hone their counselling skills, and to appropriately integrate theory in practice skills sessions.

This qualification is intended for candidates who have already acquired a recognised qualification in counselling skills and want to:

- Take the next step in training to become a counsellor
- Learn more about counselling theory, ethics and mental health
- Be prepared for work as a professional counsellor in an agency setting

WHAT DOES THE COURSE INVOLVE?

- Attending the training session each week
- Maintaining a reflective journal of progress and self-awareness
- Attending tutorials with a personal tutor
- Reading the books from the required reading list
- Completion of a portfolio of written work including written assignments
- Triad skills practice sessions
- Group work, presentations, and reflective exercises
- Undertaking 10 hours of personal counselling (min)
- Being assessed as proficient

The course will also require an additional time commitment for study, reading, research and written work in addition to attending the training session each week.



What about the training centre?

TRAINING AT WILLOWS



WHAT OUR STUDENTS SAY...

"I just wanted to tell you and the Willows team how much I am appreciating the learning I gained from completing my level 3 with you. I feel so well equipped for the level 4 course I am currently studying. I hadn't realised how many areas we covered in such depth, even though at the time I wanted to know more. I feel truly blessed to have been given such a firm foundation with great learning opportunity to move onto further study"

NR - Level 3, 2020 - 2021

"I would highly recommend Willows as a training agency for counselling, the whole team are so lovely and there is so much support. Fully recommend them. If ever you were just teetering on giving it a go, do it with these guys, you won't look back"

TW - Level 3, 2019- 2020

WHY TRAIN WITH WILLOWS?

- We have 30 years experience of providing high quality counselling training and are well respected in our field
- We believe that our approach to training sets us apart from other course providers. We are truly committed to the personal, professional and emotional development of our students and to nurturing their unique qualities and attributes
- As an active Counselling Agency, we offer a unique training experience where students are exposed to the workings of an agency setting where the end goal of qualifying as a counsellor is always in sight
- Willows teaches an Integrative model of counselling with Person Centred theory at its core. This enables student to develop a robust and varied comprehension of the complexities of psychological issues and the most appropriate and effective ways to support
- Our Level 3 students are eligible to apply for a Totum student discount card





What is the cost and can I apply?

PRACTICAL INFORMATION



COURSE FEE

The course fee is **£1550**

This is exclusive of books, 2x Willows Workshops, personal therapy fees and travel expenses incurred.

The course fee can be paid in full or by deposit of £650 with 6 monthly instalments of £150.

Upon accepting a place on the course, students commit to paying the full course fee, regardless of whether they finish the course.

The course fee is non-refundable.

ENTRY REQUIREMENTS

This qualification is intended for candidates who have already gained a recognised Level 2 qualification in Counselling Skills.

- Minimum age is 19 years
- Proven ability to meet the academic requirements
- Good emotional resources, and a strong desire to embrace self awareness and personal development
- Full completion of the course application form
- Shortlisted applicants will be invited to attend a pre course interview

This course may not be advisable for those dealing with ongoing emotional issues or enduring mental health difficulties

COURSE DATES

Dates - 17th September 2025 - 25th March 2026

Day & Time - Wednesdays, 9.30am - 2.30pm

Additions - 2x Saturday workshops of the students choosing*

*(Saturday workshops are charged at an additional cost of £45 each)

A minimum of 80% attendance will be required for successful completion.

APPLY NOW

Application packs available at www.willowscounselling.org.uk

For further details, contact our Training Department
email: training-enquiries@willowscounselling.org.uk
tel: 01793 426650

UK Charity No 1185304

