



LEVEL 2 COURSE

IN COUNSELLING SKILLS

SEPT 2025 - MAR 2026

AWARDED BY CPCAB
REGULATED BY OFQUAL

AN INTRODUCTION TO COUNSELLING THEORY, SKILLS
AND PERSONAL DEVELOPMENT



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 Level 2 Course in Counselling Skills is a nationally regulated qualification awarded by the Counselling and Psychotherapy Awarding Body (CPCAB).

The course approach combines practical counselling skills training, theoretical study, and self-awareness and personal development work. Students will learn how to offer appropriate and effective support by developing their active listening and responding skills. They will gain insight into what makes counselling different to other types of helping relationships, and will deepen their own self awareness and personal insights.

This qualification is designed to give students the underpinning knowledge, skills and competencies to use counselling skills ethically and safely in a variety of professions and roles.

This qualification is for:

- Those starting the first level of training as a professional counsellor
- Those who want to learn or enhance counselling skills to use in other professional or helping roles
- Those who want to improve their personal and professional relationships as part of their personal development

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 work including a written assignment
- Triad skills practice sessions
- Group work and reflective exercises
- 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 completed the Level 2 in order to test the waters as to whether counselling was something I definitely wanted to pursue. I'd thoroughly recommend it, either if you're considering training in counselling as a profession, or if you'd like to develop listening and responding skills to enhance your current personal or working life. Being taught in a working agency brings tangible life to the course content and skills practice. The tutors are empathic and supportive, and the content challenging and inspiring. Willows is a special place to study and learn - go for it!"

SL - 2019 course

"Level 2 exceeded all my expectations. Willows is such a warm and welcoming environment and the course tutors were extremely knowledgeable and approachable. The things I learnt have been so valuable in both my personal and professional life."

AD - 2021 course

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 2 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 **£895***

***Exclusive of books, 1x Willows Workshops and travel expenses incurred.**

The course fee can be paid in full or by deposit of £385 with 6 monthly instalments of £85.

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

There are no specific academic qualifications required for this course, however, some people may have completed a 'Level 1' Introductory course.

- Minimum age is 18 years
- Good basic use of written English
- A willingness to grow in self awareness
- Full completion of the course application form
- Applicants will be invited to attend a group interview

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

COURSE DATES

Dates - 29th September 2025 - 23rd March 2026

Day & Time - Mondays, 5.30pm - 9.30pm

Additions - 1x tutor led Saturday (18th October) and 1x Saturday workshop of the students choosing*

*(Saturday workshop is charged at an additional cost of £45)

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

