

Level 4 Diploma - Required Skills, Attitudes and Attributes

Counselling is not just an occupation but a vocation – as Christians we say it is a calling. Therefore, it demands many skills, attitudes and attributes. It is wise to read the following criteria before applying to assess whether this course is for you.

Essential:

- Prior completion of L2 & L3 certificate in counselling*
- Non-judgemental attitude to self and others
- Awareness of diversity and difference
- Ability to recognise personal or cultural influences
- Comfortable with self-disclosure
- Ability to tune into others
- Emotional stability (difficult subjects are covered that are not suitable for those still experiencing trauma or severe emotional distress)
- Motivation to help others – a ‘calling’ to counselling
- ‘stickability’
- Commitment to attend the course and submit work within given timescales
- Literacy skills equal to ‘A’ level or above
- Ability to think critically when evaluating written or practical work
- Acquiring DBS when undertaking counselling placement
- Time – what will you have to give up?

All students are expected to explore their own process; becoming reflective counsellors as a result, as well as learning the skills necessary to provide a sound working relationship with clients. Therefore, the following abilities are necessary for students to grow and will be assessed throughout the duration of our diploma course:

Abilities:

- self-reflection
- self-awareness and motivation for personal growth
- enthusiasm for participating in group work – large and trios
- comfortable working with others in new experiences and showing ability to reflect on own reactions
- comfortable with self-disclosure
- to give and to accept constructive criticism
- embrace creativity and spontaneity to broaden personal limits
- give presentations

On completion of an application, potential students are selected for interview.

*Life and work experience are also taken into account where there is no previous formal training