

Level 3 Diploma in Counselling Skills

Course Overview

The Diploma in Counselling Skills Level 3 is right for you if you want to take the next step in counselling training or working in a counselling support environment. The course builds upon the skills learnt on the level 2 course and further develops the importance of using theory in counselling. You will be encouraged to develop your self-awareness and your impact on other people. You will enhance your theoretical understanding of counselling and continue to help you develop the skills and attitudes required to practice these approaches. You will also encourage profound personal growth and understanding enhance your ability to understand others and develops your ability to extend empathy. Through coursework, you will develop your ability to work effectively trans-culturally and with diversity and further develop your research and oral presentation skills.

What you will learn

To be awarded the Level 3 Diploma in Counselling Skills, you will be required to successfully complete 5 mandatory units: Theoretical Approaches to Counselling. Work Ethically with Counselling Skills. Developing Counselling Skills. Counselling Skills and Diversity. Counselling Skills and Personal Development. If you achieve this qualification you can progress to a Level 4 HNC Counselling and Applied Psychology qualification or other relevant qualifications supporting individuals.

Entry Requirements

Successful completion of a level 2 Counselling course or relevant is required to enrol onto this course. Please note the college runs an online level 2 counselling course (code C6693) which you can take prior to this course. You also must be aged 19+, attend a welcome event, and successfully pass an interview. You will need to demonstrate a good command of the English language both written and spoken. Please note: there are limited spaces available on this popular course and it is currently available to candidates who have successfully completed a Level 2 relevant course, and who have successfully completed the required interview and progression processes.

How you will be assessed

You will be required to keep a weekly learning journal which will be assessed. There will be a variety of assignments submitted via the College website. You will need to show commitment to the course, e.g. participation in class, regular attendance and good punctuality. You will need to show good evidence of using your skills in the practice sessions. You will need a good report from your tutor incorporating all of the above. There will be formal teaching of theory. Classroom presentations will be made available via the Virtual Learning Environment which you can access from home. There will be group work and practicing counselling using simulations, along with watching appropriate training videos.

Course Progression

This course forms a preparation for professional counselling training and provides entry to our 'Level 5 Diploma in Counselling and applied psychology here at Leicester college or other Higher education institutions. Most employers, and increasingly clients, understand the importance of using a therapist who is professionally trained and qualified and is a member of a professional body such as the British Association for Counselling and Psychotherapy (BACP).

What Happens Next

You will need details of your qualifications and employment history, a reference, and a personal statement to complete your application. Once your application has been successfully processed, you will be invited to an interview at the College to meet your tutors, learn more about your chosen course of study and tour the facilities. You will then be offered a place on the programme, you need to confirm your acceptance of the course offered to you.

Course Details

Course Code	P00126
Start Date	29/09/2025
Study Hours	Part Time
Duration	1 year
Campus	Abbey Park Campus
Level	3

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