

Thinking Ahead?

Counselling

Produced by
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Information and Guidance Team
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Learner Services

What does a Counsellor do?

You may work in the NHS, education, youth services or charities. There are also opportunities for counselling in the workplace, or for self-employment.

Your day-to-day tasks may include:

- building a relationship of trust and respect
- agreeing what will be covered in sessions
- helping clients to talk about their concerns
- listening carefully, asking questions and checking your understanding
- empathising but challenging when necessary
- helping clients to see things more clearly or differently
- undergoing therapy yourself (needed for accreditation) and meeting your supervisor
- keeping confidential records

In most cases you'll counsel clients on their own, face-to-face, but you may also work with couples, families or groups, or counsel over the phone or internet.

Where do they work?

In many full-time jobs you'll work standard office hours, Monday to Friday, seeing clients for around 20 hours a week. Work can be in various locations, like schools, colleges, GP surgeries or hospitals.

You may also work over the telephone and internet with company employees, or in the evenings in an advice Centre.

Private practice, which can be arranged at home or in a therapy room, may suit experienced therapists.

What skills and personal qualities do they need?

- the ability to build trust and make people feel safe
- the ability to speak, listen and observe without judging
- IT and report writing skills
- the ability to see the impact of your own thoughts and values on your work
- time-management skills

How do I get into Counselling?

There are no set requirements but most employers would expect you to have membership of one of these professional bodies:

- [British Association of Counselling and Psychotherapy \(BACP\)](#)
- [UK Council for Psychotherapy \(UKCP\)](#)
- [The National Counselling Society \(NCS\)](#)

You may need to do further study or placement work to gain membership. For professional accreditation you'll have to meet strict rules on training, practice, ethics and length of experience.

You may be able to get into this job through volunteering.

You'll need background checks by the [Disclosure and Barring Service \(DBS\)](#) if you work with people under 18 or with vulnerable adults.

Where can I study?

The Manchester College offer

Counselling Concepts level 2 - no entry requirements as it is a starting point for counselling
Fielden Campus
(Evening - 10 weeks)

St John's Centre
(Evening - 10 weeks)

When you have completed level 2 you can progress onto a level 3 certificate in counselling skills

To progress onto a level 3 counselling you have to have completed a level 2.

Fielden Campus
Evening - 1 year

Fielden Campus
Part Time - Non-released - 1 year

You can progress onto a higher level diploma level 5

<http://www.tmc.ac.uk/careers/health-care-and-well-being>

<http://www.tmc.ac.uk/careers/childcare>

The Manchester College (www.tmc.ac.uk) Tel: 0333 322 2444
Trafford College (www.trafford.ac.uk) Tel: 0161 886 7000
Stockport College (www.stockport.ac.uk) Tel: 0161 296 5000
Salford City College (www.salford-col.ac.uk) Tel 0161 631 5000
Tameside College (www.tameside.ac.uk) Tel: 0161 908 6600
Oldham College (www.oldham.ac.uk) Tel: 0800 269 480

www.boltoncollege.ac.uk › Adult Learning › Counselling
www.oakwoodhomelearning.co.uk/courses/counselling
www.openstudycollege.com/Counselling/Enrol
www..stockport.ac.uk/courses-page/abc-level-2-award-in-counselling-concepts
www.icieducation.co.uk/Study/Online
www.place2be.org.uk/ -
www2.mmu.ac.uk › Counselling, Health and Wellbeing Service

What are the job prospects in Counselling?

Competition for full-time paid work is strong and many counsellors do a mixture of part-time, voluntary and private work.

You may be able to move into management, administration, supervision or training.

Starter: £19,000 to £28,000

Experienced: £33,000

Highly Experienced: £47,000

Counsellors in private practice typically charge £30 to £60 an hour. Many counsellors are volunteers, so unpaid work is also common.

These figures are a guide.

NATIONAL PICTURE:

- There are 146,500 employers in the Health sector in Great Britain, of which 11,100 are medium-sized or large. This 8% of employers have a minimum of 50 employees.
- The health sector has grown by 783,000 jobs (23.4%) since 2003, and now employs 4 million people in the UK.
- Between 2013 and 2023, an estimated 41,000 additional jobs are forecast to be created in the Health sector.

OTHER SOURCES OF INFORMATION

www.salford.ac.uk/counselling-and-psychotherapy-studies-professional-training
www.manchester.ac.uk/study/postgraduate-research/.../pd-counselling-psychology

<http://www.tmc.ac.uk/careers/health-care-and-well-being>
<http://www.tmc.ac.uk/careers/childcare>

<http://www.tmc.ac.uk/study-with-us/fees-finance-funding>

<http://www.cpcab.co.uk/qualifications/funding>
http://www.cpcab.co.uk/public_docs/funding_for_students

<http://www.cpcab.co.uk/find-a-centre/>

National Careers Service:

Careers advice, job search, CV's and skills assessment.

Freephone: **0800 100 900** Website: [**https://nationalcareersservice.direct.gov.uk**](https://nationalcareersservice.direct.gov.uk)

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