



Base 51

Training Academy

COUNSELLING BROCHURE



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Base 51 is a charity in Nottingham city centre, who have been supporting young people from all areas of the city and county for over 30 years.

All the work at Base 51 is underpinned by the four essential cornerstones of youth work values as set out by the National Youth Association's key principles of youth work practice.

Active participation and empowerment of young people	Voluntary engagement by young people
Non-formal education and informal learning	Equality, equity, diversity, and inclusion

The commitment and dedication to ensuring that these youth work values are firmly embedded within the whole ethos of Base 51 has been instrumental in the creation of the Base 51 Training Academy.

Over the years, Base 51 has supported over 50,000 young people at various points in their journey towards adulthood. The Training Academy aims to professionalise youth work for the benefit of young people and youth work practitioners by providing our wealth of acquired skills and experience through our accredited training courses.

We hope to bring our training to people from any background who may be in youth work settings but have not yet had the opportunity to professionalise their role.



Why Counselling?

Mental health is a topic we understand much better in today's world compared to even quite recent history.

There are many contributing factors that can lead to mental health issues including, financial stress, illness or injury, disability, bereavement, trauma, or discrimination. These can cause or exacerbate conditions such as depression, anxiety, stress, eating-disorders, phobias, and many others. Certain contributing factors such as financial uncertainty are on the rise, which means more and more people are dealing with low mental health and subsequently seeking out mental health treatment and services.

Access to mental health support can be difficult, especially with external issues such as NHS waiting lists causing a backlog of treatments. This can mean people suffer for longer with poor mental health and it is especially difficult for those less financially well off, as they often cannot afford private mental health support.

1 in 6 people report experiencing a common mental health problem such as depression or anxiety.

20% of Children aged 8 to 16 had a probable mental disorder in 2023.

Rates of depression are higher among those struggling with housing costs or energy bills and higher still for renters.

The number of people accessing talking therapies rose by 21.5% from 1.02m in 2019/2020 to 1.24m 2021/2022.

Counselling is a key treatment for many mental health issues, and at a time when support is in high demand, it can be a valuable and rewarding career.

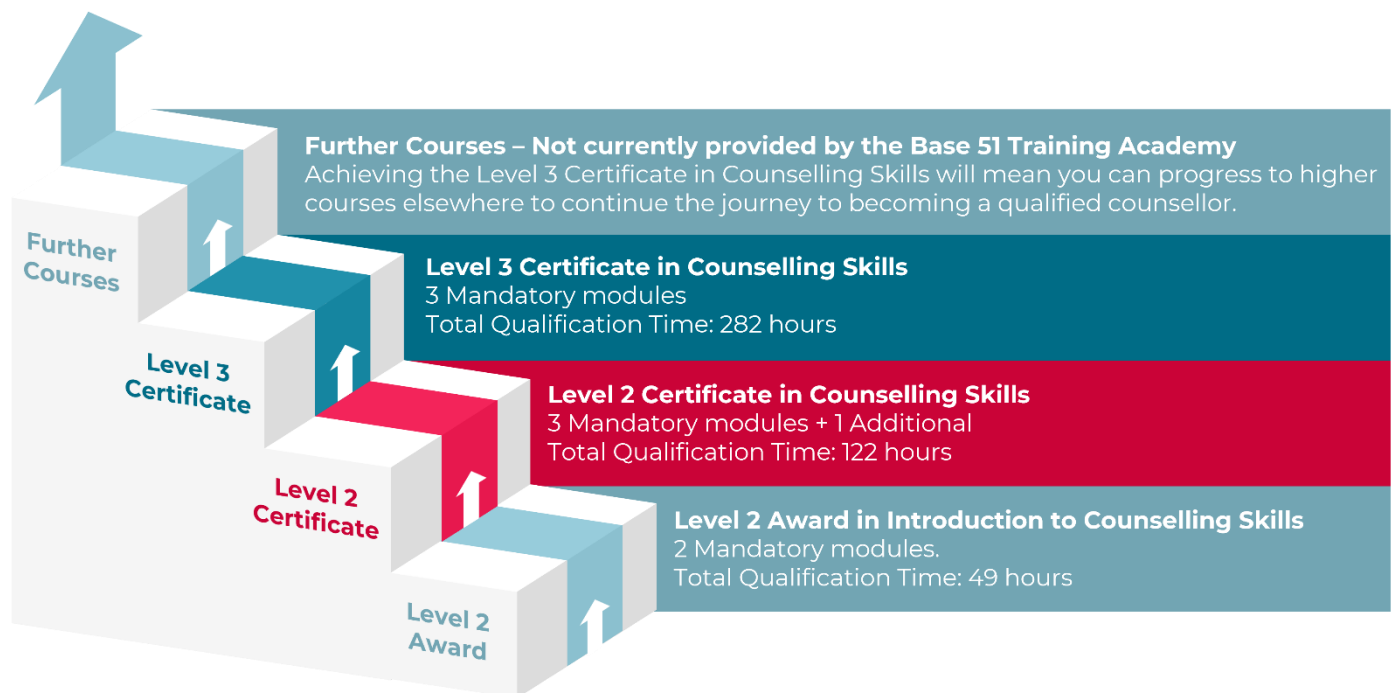


Counselling Professional Pathway

At Base 51 Training Academy, we have had years of experience counselling young people in Nottingham and Nottinghamshire.

We offer training courses from the Level 2 Award to the Level 3 Certificate. This range of options provides the beginnings of a professional pathway for aspiring counsellors. By achieving the Level 3 Certificate in Counselling Skills, learners will be able to study a higher course elsewhere should they wish to do so.

Higher level courses require more detailed answers in learners work as well as a longer Total Qualification Time (TQT). TQT includes Guided Learning Hours, any Placement Hours and expected Independent Learning Hours.





Level 2 Award in Introduction to Counselling Skills

Guided Learning Hours	Independent Learning Hours	Total Qualification Time (Hours)	Modules
30	19	49	2

The Level 2 Award is an introductory course designed to provide learners with the core skills and knowledge required to be well on the way in the journey to becoming a qualified counsellor. It provides an overview of the fundamental skills of counselling alongside the theory that underpins the practice. Although Learners will not be a qualified counsellor upon completing this course, the course provides an excellent foundation for those with limited experience in Counselling settings.

The modules within this qualification are all mandatory and must be completed to achieve the award.

Module	GLH
The Fundamentals of Counselling	15
Introduction to Counselling Skills	15



Level 2 Certificate in Counselling Skills

Guided Learning Hours	Independent Learning Hours	Total Qualification Time (Hours)	Modules
75	47	122	3 + 1 Additional

The Level 2 Certificate in Counselling Skills builds on learning gained from the Level 2 Award. It provides a rudimentary understanding of the main areas of counselling theory and how they relate to counselling practice, whilst also giving learners a chance to develop their practical skills in developing, maintaining, and concluding a counselling session.

The modules within this qualification are all mandatory and must be completed to achieve the award.

Module	GLH
The Fundamentals of Counselling	15
Introduction to Counselling Skills	15
Introduction to Counselling Theory	15
ADDITIONAL COMPONENT (Select one):	
Introduction to Counselling in the Workplace	30
Introduction to Working with Children and Young People	30
Introduction to Working with Grief and Loss	30
Introduction to Working with Trauma	30



Level 3 Certificate in Counselling Skills

Guided Learning Hours	Independent Learning Hours	Total Qualification Time (Hours)	Modules
150	132	282	3

The Level 3 Certificate builds on learning from the Level 2 Award and Certificate and provides specialist skills applicable to a range of counselling roles. Learners will gain a firm grasp of counselling theory as well as a strong understanding of various psychological problems and how to approach them in a counselling setting.

The modules within this qualification are all mandatory and must be completed to achieve the award.

Module	GLH
Counselling Theory	55
Counselling Skills	55
Developing Reflective Practice in Counselling	40



What could these qualifications lead to?

With our range of available Counselling training opportunities, there are numerous roles that they could lead to. Our Counselling courses are also useful for those working in people-centred roles.



The AIM suite of Counselling courses has been designed to act as a ladder towards becoming a qualified counsellor, with each step being one of the courses. The Level 2 Introduction to Counselling Skills course acts as the first step. Completing this ladder will make you a competent and knowledgeable counsellor.



A career in a human resources role may benefit greatly from the communications skills gained from the lower courses available. HR workers need to be able to pick out the key problems being communicated to them in order to perform their role effectively.



Other person centred roles include Receptionists. People in these roles benefit from having strong communication skills as they are constantly fielding queries either in person or via telephone/email and signposting people to where they need to be.



Youth Workers require a diverse array of skills to perform their roles. Many Youth Workers may be engaged in counselling, all are likely to be indirectly involved as young people communicate their issues to us. Having qualifications in counselling is therefore very important for Youth Workers.



Learners may wish to progress on to higher education to study counselling skills or theory at a Bachelors level. Being educated to a degree level would provide learners with an extensive range of skills and knowledge.



Module List

The Fundamentals of Counselling	Level 2 Award
<p>This module gives learners the opportunity to:</p> <ul style="list-style-type: none">• Understand what counselling is and is not.• Understand the key theory that underpins effective counselling practice.	
Introduction to Counselling Skills	Level 2 Award
<p>This module gives learners the opportunity to:</p> <ul style="list-style-type: none">• Learn how to structure a counselling session.• Communicate with clients through a variety of communication and listening skills.• Practice confidentiality and understand the limits of confidentiality.	



What else can the Training Academy provide?

Youth Work

The Youth Work Academy was founded to help fulfil our principle aim to professionalise youth work for the benefit of young people and youth work practitioners. With over 30 years of experience providing vital youth services in Nottingham, we are proud to bring our acquired skills and knowledge to our learners.

We provide courses from the Level 2 Award in Youth Work Principles to the Level 3 Diploma in Youth Work Practice. Some of these courses are JNC accredited.

With thanks to the Violence Reduction Partnership and the Office of the Police and Crime Commissioner for Nottinghamshire, our youth work courses are fully funded for those in the voluntary and community sector within Nottingham and Nottinghamshire.

Take a look at our Youth Work Academy brochure for more information.

CPD Courses

We run a range of CPD courses throughout the year. These include Safeguarding Training, Supporting Young People and their Mental Health, and Working with Behaviour that Challenges in a Youth Work Setting.

With thanks to the Violence Reduction Partnership and the Office of the Police and Crime Commissioner for Nottinghamshire, our CPD Courses are fully funded if you work in the Voluntary and Community Sector in Nottingham and Nottinghamshire.

These courses can be booked through our website: base51.org/training-academy