



# DEEPENING YOUR COUNSELLING SKILLS MICRO-CREDENTIAL

Further develop your counselling skills  
and knowledge

\*This programme may be completed as  
a stand-alone micro-credential,  
or stacked with  
Fundamental Counselling Skills

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**SACAP**  
*global* 

## INTRODUCTION

Do you have sound basic counselling knowledge and skills? Develop your knowledge and application further with this specialised short course.

This course builds on the core conditions of counselling as well as the phases and associated counselling skills of the Relational Skills Model.

## COURSE DESCRIPTION

In this 8-week micro-credential, you will be introduced to Egan's Skilled Helper Model, which is used as a framework and practical structure to apply and deepen your helping conversations with others. You will explore how it integrates with the Relational Skills Model.

Furthermore, gain a deeper understanding of how to work with clients who are resistant, challenging, or diverse, while exploring the ethical considerations and the role of responsibility and accountability in the helping relationship.

## IS THIS COURSE FOR YOU?

The micro-credential is also relevant to those working in the teaching profession given its focus on applying helping conversations within your work role.



**TIME COMMITMENT:**  
10 - 13 hours weekly



**DURATION:**  
8 Weeks



**TOTAL COST:**  
R3,500.00 / US\$ 240,00



# COURSE CONTENT

- Over the course of eight (8) weeks, through videos, readings and discussions, you will explore the following topics:
- Week 1: Skilled Helper Model and its integration with the Relational Skills Model.
- Week 2: First stage of the Skilled Helper Model: The Current Picture.
- Week 3: Second stage of the Skilled Helper Model: Preferred Picture.
- Week 4: Third stage of the Skilled Helper Model: The Way Forward.
- Week 5: Working with diverse clients, resistant clients, responsibility and accountability.
- Week 6: Ethical decision-making and working ethically and within your skillset.
- Week 7: Review and application.
- Week 8: Conclusion and summative project.

## COURSE OUTCOMES

By the end of this course you will be able to:

- Demonstrate self-reflective evaluation of creating an environment conducive to holding a helping conversation.
- Applied skills within Stage 1, Stage 2 and Stage 3 of the Skilled Helper Model.
- Identify areas of challenge when working with diverse clients and how to overcome those barriers.
- Incorporate ethical considerations into your helping conversations.
- Apply the Skilled Helper Model and associated stages, tasks and skills.
- Create a development plan for self-improvement in the application of your counselling skills.

Learners create a portfolio of work that demonstrate their newfound knowledge and skills.

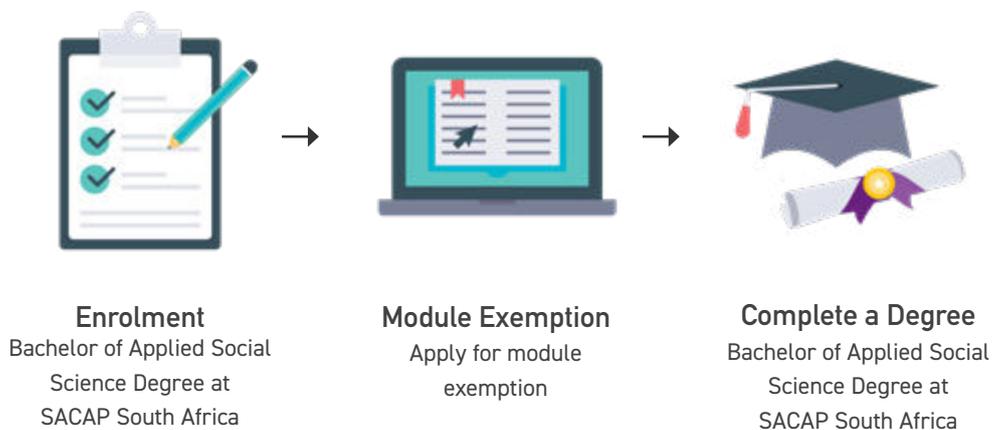


# STACKABLE CREDENTIALS

Stack specified combinations of SACAP Global micro-credentials and they can be recognised as equivalent to a module within our degree programme at SACAP South Africa.



Deepening Your Counselling Skills can be stacked with [Fundamental Counselling Skills](#), and recognised as equivalent to a module within the Bachelor of Applied Social Science Degree. If you meet the minimum entrance criteria, you can enrol for the degree and apply for module exemption.



## CERTIFICATION

Upon completion you will receive a digital [certificate of competence](#) and badge. Your certificate and badge can be shared to 100+ social media platforms, allowing you to share your achievement with a single click.



## CREDENTIAL TYPE

This course has been designed and developed by experts in the field of psychology.

The OpenLearning team has reviewed the course to ensure quality academic learning within the Malaysian and Australian credentialing framework.

An [OpenLearning OpenCred](#) is a type of credential that can stand-alone, or interact with a formal qualification. OpenCred courses are market-leading online courses that prepare learners for the future of work.

The Deepening Your Counselling Skills micro-credential has been designed for anyone needing to upskill in this area and offers 80 hours of learning and assessment. Learners study online with course facilitators and peers, and receive robust academic content, while acquiring practical industry-relevant skills.



For more information visit our website [www.global.sacap.edu.za](http://www.global.sacap.edu.za)