



# FUNDAMENTAL COUNSELLING SKILLS MICRO-CREDENTIAL

Learn counselling basics and how to have effective helping conversations

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

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**SACAP**  
*global* 



## INTRODUCTION

There is always that special person who people naturally gravitate to for support with their problems. Be it at work around the water cooler or that special kind of teacher who always has a moment to listen.

This course introduces you to the basics of counselling, essential processes and skills in a helping relationship.

## COURSE DESCRIPTION

In this 6-week micro-credential, you will be introduced to counselling terminology, key concepts and the Relational Skills Model.

Gain practical skills needed for effective helping conversations, such as: attending skills, active listening skills, contracting skills, paraphrasing, summarising, identifying and reflecting feelings, asking questions, the skill of challenging, use of immediacy and self-disclosure, empathy, goal-setting and action planning.

## IS THIS COURSE FOR YOU?

This course is for you if you want working knowledge and practical counselling skills to enhance your current skillset.



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



**DURATION:**  
6 Weeks



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

# COURSE CONTENT

- Over the course of six (6) weeks, through videos, readings and discussions, you will explore the following topics:
- **Week 1:** First phase of the Relational Skills Model: Getting to know the person and engaging with them.
- **Week 2:** Second phase of the Relational Skills Model: Creating a safe and comfortable environment for the client, as well as assessment and problem-identification.
- **Week 3:** Third phase of the Relational Skills Model: Exploring the presenting issues in more depth.
- **Week 4:** Fourth phase of the Relational Skills Model: Setting goals and evaluating possible strategies.
- **Week 5:** Fifth phase of the Relational Skills Model: Ways to support and encourage the client to implement their goals, maintain change, and develop self-management strategies.
- **Week 6:** Integration of all your observations, journaling and feedback received to date – creating your own development plan.

## COURSE OUTCOMES

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

Demonstrate self-reflective evaluation of applied skills in setting up a helping relationship, developing a helping relationship, working with a helping relationship, deepening the established helping relationship and maintaining and ending a helping relationship.

Design a development plan for improving your identified skills.

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

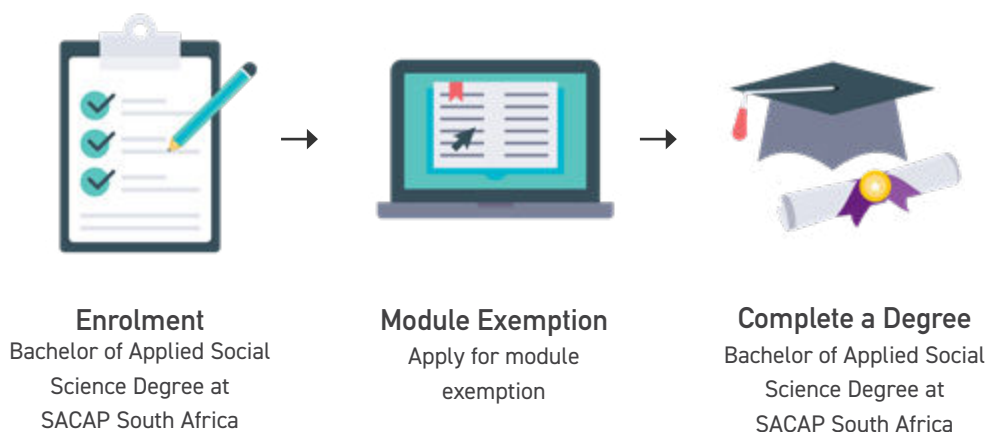


## STACKABLE CREDENTIALS

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.



Fundamental Counselling Skills can be stacked with [Deepening Your 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 Fundamental Counselling Skills micro-credential has been designed for anyone needing to upskill in this area and offers 60 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)