

NCFE CACHE Diploma in Counselling Skills (level 3)

Jill Hedley MBACP (Accred Professional); NCPS (Accred Registrant); MA Counselling; MA Education;
Post Graduate Diploma in Psychotherapy; Diploma in Supervision; BA in Education and Training (Hons);
Certificate in Education; Diploma in Life Coaching



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Qualification Overview

This qualification contains 5 mandatory units.

CPD for anyone who would like to develop their counselling skills for use in either work or in a personal capacity or as an entry requirement to our counselling practitioner course.



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Face to face dates – Jarrow

Thursday 8th January 2026 and concludes Thursday 21st May 2026; 18 weeks; delivered at The Clervaux Exchange, Jarrow; 6-9pm

Costs £850. Payment in full or monthly payments of £100 (deposit) and then £150 x 5 months are an option (registration and certification costs included).

*Delivery pending group viability



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Face to face dates – Great Park

Wednesday 8th April to 29th July 2026; 17 weeks delivered at Great Park Community Centre. Newcastle; 6-9pm.

Costs £850. Payment in full or monthly payments of £100 (deposit) and then £150 x 5 months are an option (registration and certification costs included).

*Delivery pending group viability



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Course Content

The course consists of five units:

1. Developing Counselling Skills
2. Theoretical Approaches in the use of Counselling Skills
3. Working ethically with Counselling Skills
4. Counselling Skills and Diversity
5. Counselling Skills and Personal Development.

In order to complete the course, you must successfully complete all five units.



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Learning Methods

The delivery models can vary.

- ✓ This would usually consist of a participative approach using tutor input, role plays, discussions, independent research, group and paired work and a case study backed up with handouts to reinforce learning.
- ✓ This includes skills practice which will be assessed through observation and reflection.
- ✓ Personal commitment, ability to meet deadlines and regular attendance is essential.



Assessment methods

- ✓ Each candidate is required to complete a portfolio of evidence which demonstrates the achievement of all learning outcomes and assessment criteria associated with each unit.
- ✓ Evidence within the portfolio could include: journal reflections, peer feedback; assignments and a case study (contextual study), task sheets.
- ✓ The portfolio is submitted twice during the course for Internal and External Awarding Board Moderation purposes.



Qualification Gained

NCFE CACHE Diploma in Counselling Skills Level 3

There are no advanced learner loans available for this course. Please just monitor and compare the significant price difference when an advanced learning loan is involved.



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Progression Opportunities

Level 4/5 in Advanced Diploma in Integrative Therapeutic Counselling. This is the counselling practitioner course; 2 years part time which is professionally accredited with the National Counselling and Psychotherapy Society – check their website for our details).



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Other Costs

- ✓ Access to a computer/laptop with a version of Microsoft Word and access to a printer and zoom is critical.
- ✓ You will also require a lever arch file and dividers x7 for your portfolio as well as basic writing materials-pen, paper and a notebook.
- ✓ Printing your work is a necessity which you will undertake at home at your expense.



Progression route

We do also advertise our level 4/5 Advanced Diploma in Integrative Therapeutic Counselling programme as a September start. Lv 3 counselling skills is the entry requirement for this programme.

Note: Reflections reserve the right to not deliver should insufficient numbers be the case and to decline applications when entry requirements and key criteria are not met.



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- Any questions please email jillhedley.reflections@gmail.com or ring on 07900457894
- Follow us on face book Reflections Counselling and Training Limited or visit our web page www.reflectionscounsellingandtraining.co.uk
- Follow us on twitter <https://twitter.com/CTReflections>



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Any questions

Thank you and I look forward to hearing from you to discuss your interest.