

Job of The Week

Counsellor

Key Skills

- Knowledge of psychology
- The ability to understand people's reactions
- Excellent verbal communication skills
- Customer service skills
- Counselling skills including active listening and a non-judgemental approach
- Patience and the ability to remain calm in stressful situations
- Sensitivity and understanding
- The ability to accept criticism and work well under pressure
- To be able to use a computer and the main software packages competently

Salary

£25,000 - £48,000

Working hours

35 – 40 per week

Evenings/weekends

Attending events or appointments

Counsellor

College

You could start by doing an introduction to counselling course. This can last up to 3 months and can help you decide if counselling is the right career for you.

After that, you can do further training and complete courses like:

- Level 3 Certificate in Counselling Skills
- Level 4 Diploma in Counselling Skills and Theory
- Level 5 Diploma in Therapeutic Counselling

You can find out more about the [recommended training to become a counsellor](#) from the British Association of Counselling and Psychotherapy (BACP).

Entry requirements: Entry requirements for these courses vary.

University

You could do a diploma, degree or postgraduate course in counselling or psychotherapy.

You might be able to study counselling alongside another subject like psychology, sociology or criminology.

You should look for a course that includes practical skills training and supervised work placements.

Entry requirements

You'll usually need:

- 2 to 3 A levels, or equivalent, for a degree
- A degree in any subject for a postgraduate course

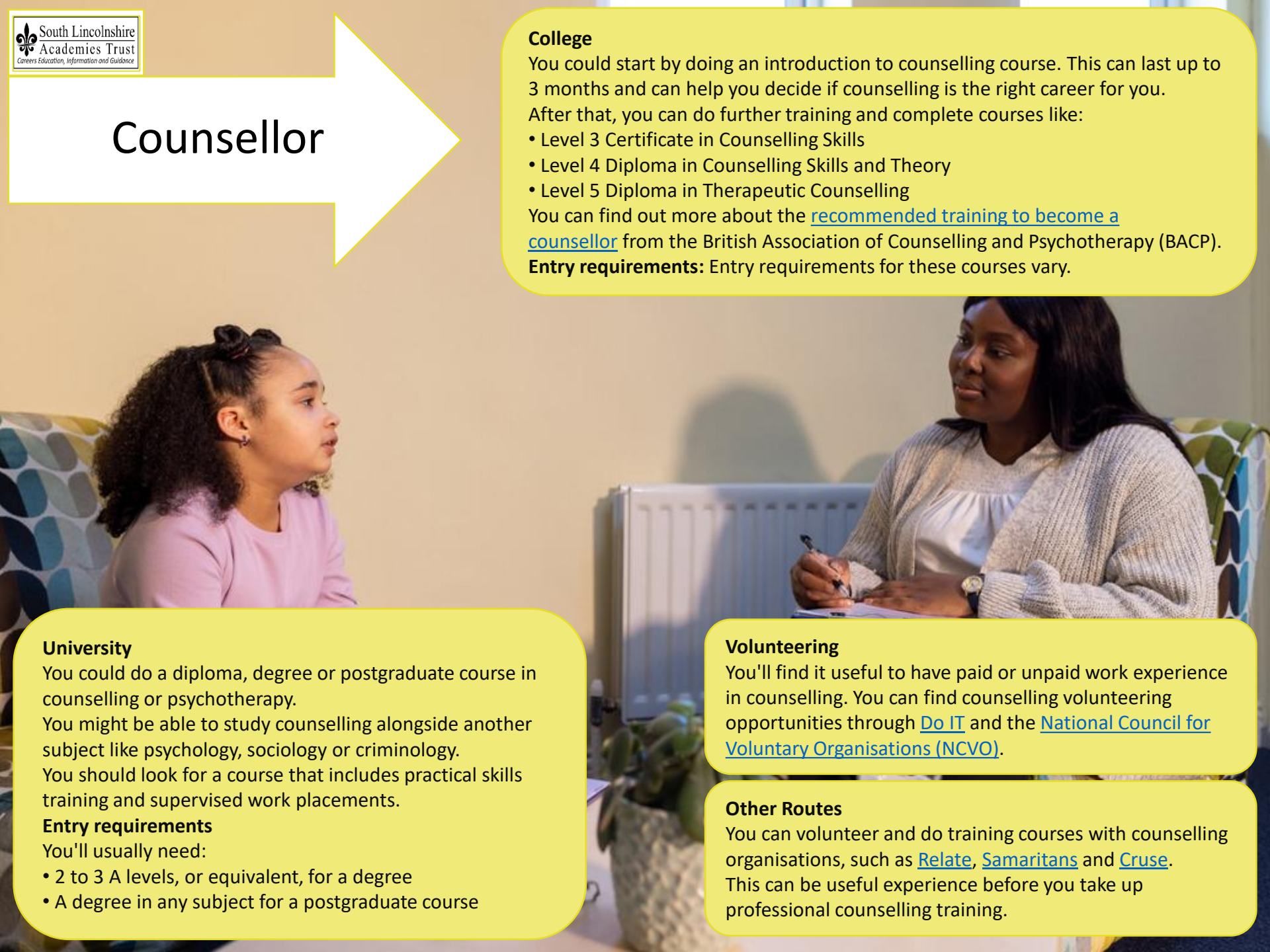
Volunteering

You'll find it useful to have paid or unpaid work experience in counselling. You can find counselling volunteering opportunities through [Do IT](#) and the [National Council for Voluntary Organisations \(NCVO\)](#).

Other Routes

You can volunteer and do training courses with counselling organisations, such as [Relate](#), [Samaritans](#) and [Cruse](#).

This can be useful experience before you take up professional counselling training.





Career path and progression

If you're a new counsellor, it's important to get peer support to develop your skills.

With experience you could:

- specialise in an area like bereavement support, relationships or addiction
- become a counsellor supervisor or trainer
- move into management or consultancy
- set up your own practice and work for yourself

Day to Day tasks

As a counsellor, you could use different types of therapy to:

- discuss and agree what to cover in sessions
- empathise but challenge when necessary
- build trust with a client in person, online or over the phone
- listen carefully, ask questions and check understanding of the issues
- help your client to talk about their feelings, see things more clearly and find ways to cope
- keep confidential records

You could work with individuals, couples, families or groups

Working conditions

You could work in a therapy clinic, at a GP practice, at a school, at a college or from home.

Your working environment may be emotionally demanding.

Labour Market Information

In the Careers section of the school website you can find the useful comparison tool the 'Labour Market Information widget'.

Use the widget to compare different job roles in any employment sector or relating specifically to the 'Job of the Week'.

Counsellors

Weekly Pay
£440

Annual Pay
£22,880

Hours/Week
37h

Hourly Pay
£12

Workforce Change (projected)

Growth
8.9%

The workforce is projected to grow by 8.9% over the period to 2035, creating 4,100 jobs.

You might find this job in

- Health
- Social work
- Education
- Residential care
- Membership organisations

[More info](#)

[Clear card](#)

Psychotherapists and cognitive behaviour therapists

Weekly Pay
£700

Annual Pay
£36,400

Hours/Week
35h

Hourly Pay
£20

Workforce Change (projected)

Growth
8.6%

The workforce is projected to grow by 8.6% over the period to 2035, creating 3,700 jobs.

You might find this job in

- Social work
- Health
- Education

[More info](#)

[Clear card](#)

Other psychologists

Weekly Pay
£720

Annual Pay
£37,440

Hours/Week
35h

Hourly Pay
£21

Workforce Change (projected)

Growth
8.6%

The workforce is projected to grow by 8.6% over the period to 2035, creating 3,000 jobs.

You might find this job in

- Social work
- Residential care
- Education
- Public admin. & defence
- Health

[More info](#)

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Labour Market Information



Counsellors

Counsellors provide counselling services to clients with a wide variety of problems by means of assisting them to reach their own resolutions to the difficulties they face. Counsellors may specialise in a particular area or client group or address a wide range of issues.

Common tasks in this job:

- meets clients face-to-face, working either one-to-one or with couples or families, or by telephone or internet
- encourages clients to discuss their feelings in relation to their problems, aiming to ensure that an understanding of the issues is achieved
- presents different perspectives to the problem areas identified
- refers to other appropriate sources of help

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Psychotherapists and cognitive behaviour therapists

Psychotherapists and cognitive behaviour therapists use a variety of therapies in one-on-one or group settings to help people with mental health issues, stress, emotional and relationship problems.

Common tasks in this job:

- assesses and provides treatment for people suffering with mental illness, stress, and emotional and relationship problems
- talks with patients about their emotions, relationships and personal history
- analyses events, behaviour, and habits to understand their mode of thinking and feelings
- helps people come up with new ways to cope with their problems and to change their ways of thinking

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Other psychologists

Psychologists research, study and assess emotional, cognitive and behavioural processes and abnormalities in human beings and animals and how these are affected by genetic, physical and social factors.

Common tasks in this job:

- develops and administers tests to measure intelligence, abilities, aptitudes, etc. and assesses results
- develops treatment and guidance methods and gives treatment or guidance using a variety of therapy and counselling techniques
- observes and experiments on humans and animals to measure mental and physical characteristics
- analyses the effect of hereditary, social and physical factors on thought and behaviour

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Keep looking...

Use these links to learn more about our Job of The Week, consider the various pathways leading to the career, what you can be doing now to help yourself and other roles in the industry...

Take a look at these short videos for inspiration...

National Careers Service: Meet Imtaz



[Counsellor: Imtaz's story](#)

How to become a counsellor



[Everything you need to know before becoming a counsellor in the UK](#)

What qualifications will I need?



[What qualifications do I need to become a counsellor?](#)

Get Career Confident: Meet Beth



[Meet Beth, a Counsellor and Psychotherapist](#)

Useful Websites

[How to become a counsellor: Shiza's story - BBC Bitesize](#)

[Careers in counselling | 5 essential skills | Prospects.ac.uk](#)

[Counsellor | Health Careers](#)

[How to become a counsellor | UCAS](#)

[CPCAB - Counselling and Psychotherapy Central Awarding Body](#)

[Youth Counsellor | MYPATH](#)