



Professional Development Award in Counselling Children and Young People

AGE 10 - 18

WELCOME TO LIFELINK

A very warm welcome from Lifelink.

Lifelink is a leading mental health and wellbeing support provider, that has supported communities and businesses in Scotland to help people manage stress, anxiety and depression since 1992. Our vision is that every person we support becomes healthier and happier, wherever they live work or learn.

We are delighted to be able to offer clinical professionals the chance to further their career development in working with young people.

Here at Lifelink we are committed to bringing you the best possible learning experience and we very much look forward to welcoming you to our SQA centre in the near future.

To keep up to date with the latest news in Lifelink, please look at our website www.lifelink.org.uk, or follow us on Facebook, LinkedIn, Instagram or Twitter.



OUR COURSE

WHO IS IT FOR?

Our training is for people working in the counselling and psychotherapy professions, who are trained and qualified to work with adults, but wish to extend their practice to include working with children and young people (CYP) age 10-18.

Our Professional Development Award (PDA) in Counselling Children and Young People (Age 10-18), is for counselling professionals who wish to offer counselling to children and young people in Scotland. This course has been written in collaboration between the Scottish Government, the SQA and BACP. It has been written and designed to equip counsellors to meet the BACP's competency framework for working with children and young people. It will give learners the opportunity to explore relevant knowledge and understand theoretical foundations, as well as develop skills in the practical application of approaches when working with children and young people in both schools and other professional settings where counselling is offered.

COURSE AIMS

The PDA in Counselling: Children and Young People (10 to 18) aims to facilitate learners to develop their knowledge and skills in the following:

- Development of knowledge of the professional standards essential for working safely with children and young people in different counselling settings
- Development of skills in communicating and engaging appropriately and effectively when supporting young people of different ages and developmental stages
- Development of skills in recognising how mental health issues can emerge and present in children and young people
- Critical evaluation of own Readiness to Practice with Children and Young People assessment and support the mental

health of young people

- Development of a comprehensive understanding of underpinning theory prior to working therapeutically with children and young people
- Skills in consolidating an advanced understanding of competent and safe practice into therapeutic work with children and young people
- Critical evaluation of their own practice in supporting the mental health of young people in counselling settings

LEARNING OUTCOMES

Those who study this course will gain:

- Knowledge that covers and integrates the main areas of the subject discipline — including their features, boundaries, terminology and conventions
- A critical understanding of a range of specialised theories, principles and concepts
- A range of specialised skills, techniques, practices and materials which are at the forefront of, or informed by, forefront developments
- Experience of practice in a meaningful, professional context
- Experience of applying a range of standard and specialised monitoring and evaluation instruments and techniques of enquiry
- Opportunities for critical analysis, evaluation and synthesis of issues which are at the forefront of, or informed by, developments at the forefront of the subject discipline
- Critical review, consolidation and extension of knowledge, skills practices and thinking in the subject discipline Experience dealing with complex issues and making informed judgements in situations where complete or consistent information may not be available.

STRUCTURE

At Lifelink, the course will be taught over 10 days of face-to-face, or online teaching and group work. There will be a teaching cohort of around twelve students in each intake. You will undertake a total of two units:

Unit Title	SQA Credit	SCQF Credit Points	SCQF Level
Counselling Children and Young People (10 to 18): Ethics and Professional Standards	1	8	10
Counselling Children and Young People (10 to 18): Safe and Competent Practice	3	24	11

To complete the training and graduate as a qualified CYP counsellor, students are required to achieve competency including:

- **Knowledge** – understand theoretical models from a variety of modalities, their application and suitability for use with CYP.
- **Skills** – Supervised clinical practice, participation in skills practice, role-play and full participation in groupwork.
- **Attitude** – Participation is expected in all group and experiential exercises throughout the course. Demonstration of aptitude for reflective practice and the application of ethical frameworks is vital.

Students are required to achieve a minimum attendance of 85% throughout the course and this applies to both units.

For further details of the course modules, curriculum and assessments please follow this link - [SQA Course Structure](#).

ENTRY TO THE COURSE

ENTRY REQUIREMENTS

Applicants should meet the following requirements:

- Unit 1, Counselling: Young People (10-18): Ethics and Professional Standards, learners must have successfully completed or be working towards a professional counselling qualification at SCQF level 8 or above.
- Unit 2, Counselling Children and Young People (10-18): Safe and Competent Practice embeds 50 hours of CYP client work, the following entry requirements are mandatory:
 - Learners must have achieved a counselling/psychotherapy qualification at a minimum of SCQF level 8; to include a minimum of 100 hours supervised counselling/psychotherapy practice in line with recognised practitioner training.
 - Prospective learners should be registered members of BACP, COSCA or an equivalent professional body that adheres to an ethical framework. They must also hold an enhanced PVG disclosure for working with children and young people.
 - In addition, learners must have successfully completed the unit Counselling: Young People: Ethics and Principles or be able to supply appropriate evidence to claim recognition of prior learning (RPL).
 - SQA recognises that learners gain knowledge and skills acquired through formal, non-formal and informal learning contexts. In some instances, a full group award may be achieved through the recognition of prior learning. However, it is unlikely that a learner would have the appropriate prior learning and experience to meet all the requirements of a full group award. Please contact the course administrator with evidence of your prior learning if you wish it to be considered.

AWARDS

On completion of all elements of the training, as set out in the Course Handbook (available upon enrolment), candidates will be awarded an SQA PDA in Counselling: Children & Young People (Age 10-18).

This is validated by SQA at SCQF level 11.



COSTS

Please [click here](#) for the latest course fees and payment options.

ENQUIRIES & APPLICATION

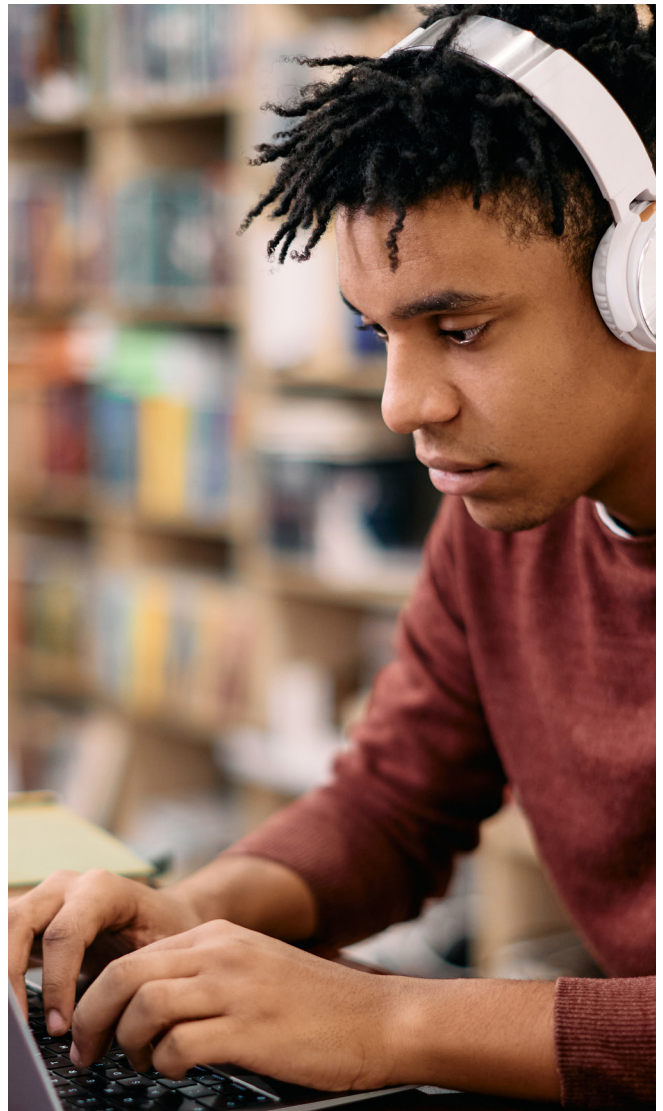
If you have any questions about the programme, please email us at: qualification@lifelink.org.uk or call us on 0141 552 4434.

Application forms can be downloaded from our website: [SQA Application Form](#) where you will also find the latest information on application deadline dates and interview dates.

OUR LOCATION

It is anticipated that delivery will take place at our Head Office in Glasgow, but there will be an option for virtual or blended delivery.

Directions to our head office are available by clicking this link - [Melisa House Directions](#).





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lifelink.org.uk