

Counselling - Level 5 Foundation Degree (Middlesex University)

Course code: B941 - Institution code: W52

Counselling - Level 5 Foundation Degree: BACP Accredited and validated by Middlesex University

This programme is aimed at those who are already working in a diverse range of occupational groups within the helping professions – and want to develop and enhance their professional counselling skills and obtain a professional qualification in counselling. Applicants are also welcome from education, health services, and social services. The programme meets the training requirements of the British Association for Counselling and Psychotherapy (BACP). Successful candidates will be qualified as counsellors.

This is a full-time course with attendance on the taught aspects of the programme on one day per week over two years and aims to provide you with an in-depth understanding of counselling work in a way that will enable you to:

- **Work formally as a counsellor, offering a professional service to clients within their work setting**
- **Develop and enhance workplace competencies and skills through the encouragement of critical reflection and analysis of practice**
- **Develop practical skills and techniques in counselling**
- **Undertake subsequent professional development within the counselling area, subject to further interview, including a BA top-up honours in Counselling, validated as a degree by Middlesex University, at the College of Haringey, Enfield and North East London or a degree at Middlesex University**
- **You are required to complete 40 hours of personal counselling whilst in training**
- **Additional expenses will be incurred when undertaking the Diploma for personal counselling and external supervision fees**

This programme was developed and is delivered and assessed by CONEL and awarded by and quality assured by Middlesex University.

For information on our Higher Education policies including admissions, fees, and student contracts, please see the links below:

Start Date: 16 September 2025

Duration: 2 Years

Attendance: Full Time

Center: Tottenham Centre

<https://www.capitalccg.ac.uk/course/pdf/12666/>



- [Admissions Policy](#)
- [Complaints Policy](#)
- [Fees Policy](#)
- [HE Student Contract](#)
- [HE Student Protection Plan](#)

For our full list of policies, governance and fees please see our website [Capital City College Group \(capitalccg.ac.uk\)](http://www.capitalccg.ac.uk).

WHAT WILL I STUDY?

Year 1

- Study Skills
- Introduction to Theory and Client Work
- Person-Centred Counselling Skills
- Human Development
- Professional Counselling Skills

Year 2

- Further Humanist Theory
- Professional issues
- Counselling in the Community
- Contrasting Orientations
- Advanced Counselling

WHAT WILL I NEED?

Applicants will normally be mature students, or be able to demonstrate emotional maturity, and you must have completed a minimum of Level 2 Certificate introductory course in counselling skills or its short course equivalent.

The admission of a mature student is based on the programme team's expectations that you will be able to cope with the objectives of the programme, and counselling must form a substantial part of an applicant's current work. Evidence will include academic qualifications and relevant work experience.

All candidates will be interviewed before being offered a place on the programme. This allows the interviewing staff to establish the academic background, interest and motivation, maturity of approach and commitment. Good communication skills, listening ability and empathy with other people are essential.

HOW WILL I BE ASSESSED?

Start Date: 16 September 2025

Duration: 2 Years

Attendance: Full Time

Center: Tottenham Centre



The programme is taught using lectures (including those delivered by guest speakers), discussion of case studies, seminars, tutorials, skills workshops and role-play exercises.

The core theoretical model is person-centred, within a broadly Humanistic framework. The course is highly participative with increasing emphasis placed on student-based experiential learning.

Assessment is by coursework. You will be expected to acquire a minimum of 100 hours of supervised formal counselling either in the workplace or voluntary setting whilst undertaking the course and submit a professional log detailing your experience.

This programme is quality assured by Middlesex University and you will receive a Middlesex award on successful completion.

WHAT WILL IT COST?

ADULTS - HIGHER EDUCATION

You must pay fees to study a Higher Education (HE) course. If you have not studied one previously, you may be eligible to apply for an HE [loan](#). Other financial support such as [maintenance loans](#) and [disability support](#) are also available.

Please see [here](#) for the documents you will need to show us.

Some courses will have other associated costs, such as for specialist materials and trips. Many of our students are eligible for financial support, see [here](#) for details.

Course Cost £6165 per year.

Learners can apply for HE Finance or pay themselves. Please note if you have studied a higher education course previously, anywhere in the world, regardless of whether you have self-funded it or had a Student Finance England (SFE) tuition fee loan approved you may not be eligible for a tuition fee loan for this course. Please contact SFE for further guidance: 0300 100 0607. You may be eligible to apply for a maintenance loan which you could use to pay your tuition fees. Please also note that applying for a maintenance loan may have an impact on any benefits you are claiming. If you are unsure check with your DWP Officer.

If you wish to pay the fee yourself, the college can support you with a discretionary instalment plan but please be aware you would need to be able to put a deposit of 25% down at enrolment.

WHAT CAN I DO AFTER?

On completion of this course, you can progress on to further study in this field or into a career in the health and social care sector.

Start Date: 16 September 2025

Duration: 2 Years

Attendance: Full Time

Center: Tottenham Centre

