

## **Counselling and Applied Psychology Pearson Level 5 Higher National Diploma (HND)**

Study Mode: Full Time

### **Is this course right for me?**

This Level 5 Higher National Diploma (HND) provides advanced training for those wishing to develop as professional counsellors. The course takes an integrative approach to counselling, with a specialist focus on Gestalt therapy and trauma-informed practice, equipping learners with the theoretical knowledge, self-awareness, and practical skills required to work effectively with clients.

The programme is delivered one day per week over 18 months, making it suitable for those balancing study alongside work or other commitments.

As part of the course, students will complete a minimum of 70 hours of counselling placement, providing valuable real-world experience and the opportunity to apply counselling skills in practice.

**Fees are payable for the programme. You may be able to apply for a Higher Education loan if you do not already possess a degree level qualification. To find out more about financial support [click here](#). Alternatively, contact the Student Hub at the CLQ or Wellington Road campus for further information.**

### **Entry Requirements**

To access the course you are required to have:

- Achieved the HNC Level 4 with 100 hours practice or equivalent.
- A placement or work setting that delivers counselling.

## **What will I learn?**

During the course, learners will develop their understanding of counselling theory, applied practice, and professional skills through a range of specialist units, including:

- **Counselling Skills Development and Practice**  
Developing advanced counselling skills and therapeutic communication in supervised practice.
- **Working with Diverse Clients in Therapeutic Counselling (*Core Unit 10 - 15 credits*)**  
Understanding how culture, identity, and diversity influence the therapeutic relationship and adapting practice to meet the needs of diverse clients.
- **Risk and Assessment (Pearson-set)**  
Developing skills in client assessment, recognising risk, and responding ethically and professionally in therapeutic contexts.
- **Pluralistic Approaches to Counselling**  
Exploring flexible and collaborative approaches to therapy that integrate different counselling models to meet individual client needs.

Alongside these units, the course places specialist emphasis on:

- Gestalt therapy principles and techniques
- Trauma-informed counselling practice

## **What skills will I gain?**

## **How will I be assessed?**

## What can I do next?

Graduates of the course may be able to:

- Work independently in private practice (*subject to professional body requirements*)
- Refer clients to other services and receive referrals from professionals and organisations
- Progress to further study at Level 6 in counselling, psychotherapy, or related fields

Potential Career Paths:

- This qualification can support progression into a variety of counselling and mental health roles, such as:
- Mental Health Clinician
- Integrative Therapist (with a Gestalt specialism)
- Counselling roles within community wellbeing services
- Support roles within mental health, education, or voluntary sector organisations

***Please note: City of Wolverhampton College reserves the right to close or not run courses if enrolment numbers are not educationally or economically viable. If this course is unable to run, you will be notified as soon as possible. We apologise for any inconvenience this may cause.***

## Delivery

**Location:** Wellington Road Campus

**Start Date:** 07/09/2026

**Day:**

**Time:**

**Course Fee:**

**Course Code:** L5HNDC

**Study Mode:** Full Time



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