

**Certificate of Higher Education
for the Workplace
(Health And Social Care)
Term 1 Group 1**

**Module:
Academic And Employability
Skills**

**Module code: BMSW4001
Lecturer: Rita Ukachi-Lois**

**Assignment
title: ACE
Practical
Portfolio**

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**Student Number:
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Intended Career

Counselling Psychotherapist

“Emotional wellbeing is just as
important to us as Breathing is!”
BetterLYF

JOB DESCRIPTION

- Encourage clients to recognise and regard issues, enable them to impact their lives positively
- Explore problems, understand needs and gain trust
- Analyse mental health sessions and prepare written reports to reflect on results
- Keep confidential records

JOB QUALIFICATIONS

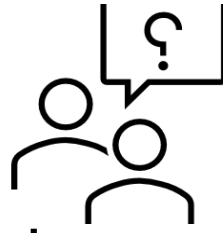
You can pursue a career by:

- studying for a diploma in Counselling or Psychoterapy in either college or university
- practising with a counselling institution
- working as a volunteer to gain qualities and practice

The British Association For Counselling And Psychotherapy (2021) advise that, to become a therapist, you ought to show attitude of being:

- calm, unprejudiced and apprehensive
- resilient and conscious with the ability to understand your own feelings and constraints
- perceptive of people from diverse communities
- kind, open minded and compassionate, prepared to build faith in clients

Strengths

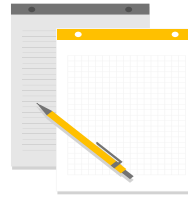


- Organisational, time management and note taking skills
- Ability to prioritise workload and create clear deadlines
- Reflective thinking and self-evaluation
- Interpersonal and people's skills
- Compassion and desire to help others grow and succeed

Weaknesses

- Multitasking and aiming for perfectionism
- Inability to set healthy boundaries with colleagues and managers at work
- Lack of training in counselling field

Opportunities



- Possess transferable skills as empathy and understanding of other person's perspectives
- Training courses available and recognised by UKCP
- Build trust by registering on UKCP database
- The British Association for Counselling and Psychotherapy (BACP) offer Jobs
- NHS Jobs

Threats

- Challenging and demanding career that requires time and financial investment
- Can experience difficulties in handling family life and career simultaneously
- Work schedule can be erratic

References

- BACP (2021) 'Where therapists work and what they do', *Careers in Counselling*. [online] Available at <https://www.bacp.co.uk/careers/careers-in-counselling/> (Accessed: 27 March 2021)
- National Careers Service (2021) *Counsellor*. [online] Available at <https://nationalcareers.service.gov.uk/job-profiles/counsellor> (Accessed: 27 March 2021)
- PROSPECTS (2021) *Job Title Psychotherapist*. [online] Available at <https://www.prospects.ac.uk/job-profiles/psychotherapist> (Accessed: 27 March 2021)
- UCAS (2021) 'Counsellors help people discuss their problems and feeling in a confidential environment', *Counsellor*. [online] Available at <https://www.ucas.com/ucas/after-gcses/find-career-ideas/explore-jobs?k=counsellor&j=/counsellor> (Accessed: 27 March 2021)