

A career in counselling



A career in counselling involves working with people - usually on a one-to-one basis - to explore issues that are causing them problems. The aim of counselling is to help improve things for people and research has shown counselling to be an effective therapy for a range of problems.

Different counselling approaches

There are a number of different approaches to counselling which work in slightly different ways, so it is worth exploring this before embarking on a training course to see which may best suit your perspective of therapy and your personality. Person-centred counselling and psychodynamic counselling are two of the most common approaches. Some people also choose to specialise and work with couples, young people or in roles which involve supporting people with specific issues, such as abuse, eating disorders, etc.

It's not just about the approach

The way each counsellor works will be determined by the approach or approaches they are trained in, but also largely by their background and their life experiences. Many people train to become counsellors having already worked in other caring/people focused roles first.

Who can I work with?

Counselling can be helpful for a wide range of issues including: depression, anxiety, relationship issues, addiction, grief, health concerns, eating disorders and behavioural issues.

“Giving someone a space where they can be safe...where they can be all of themselves... offering that space is the most rewarding part.”

Isabel Arranz-Merino,
Counsellor/
Psychotherapist

“It's such a huge privilege to be doing the job...I sometimes can't believe just how lucky I am.

It's about putting knowledge and skills into practice and exploring.”

Kate Boyd, Counsellor/
Psychotherapist

Minimum requirements

- A BACP, COSCA or UKCP accredited diploma in counselling or psychotherapy
- Extensive supervised practice