



# Take your 1<sup>ST</sup> steps on your Counselling journey.

CPE Reg. No. 200209120M

(Period: 20 Jun 2022 – 19 Jun 2026)



## CERTIFICATE IN BASIC COUNSELLING COMPETENCY

The Certificate in Basic Counselling Competency is a 6-month course through which participants will acquire an overview of the role of the counsellor and counselling practice, as well as learn and develop basic counselling competencies. Participants will attend lectures and sessions in a Blended Learning arrangement: via Synchronous E-learning (online live streaming of lessons), as well as Onsite In-person Learning (lessons conducted at ECTA's premises). Lessons will be held 5 days a week, 3 hours per day, with a term break midway through.

### TOPICS (Contact Hours: 155)

- **Module 1: Rapport and Counselling Relationship (21 hours)**
- **Module 2: Microskills in Counselling (40 hours)**
- **Module 3: Intervention and Problem-solving Skills (20 hours)**
- **Module 4: Counselling Processes: The Skilled Helper (20 hours)**
- **Module 5: Using Transactional Analysis to Understand Self and Communicating with Others (21 hours)**
- **Module 6: Building Parenting Skills in Challenging Situations (14 hours)**
- **Module 7: Counselling Ethics and Boundaries (14 hours)**
- **Personal Counselling (5 hours)**

### LEARNING OUTCOMES

By the end of the course, participants will be able to:

- **Conduct the first interview with a client**
- **Use micro-skills in the counselling process**
- **Apply intervention skills at the appropriate time**
- **Build effective communication for positive relationships using Transactional Analysis**
- **Identify challenges and needs of youths**
- **Apply basic foundational principles and a framework of ethics and boundaries**

### ENTRY REQUIREMENTS

Candidates should possess either a minimum GCE "O" Level Certificate, GCE "N" Level Certificate, or their equivalent. Candidates must either be a Singapore Citizen, or Singapore Permanent Resident, or have a valid Work Permit, or valid Dependent Pass.

**FEES (INCLUDES: COURSE FEE, ADMIN FEE & FEE PROTECTION SCHEME PREMIUM)**

**S\$5,432.40 (inclusive of GST)**

Course Fee component is payable over 3 instalments

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**WWW.ECTA.EDU.SG**

**TALK TO US AT:**

**INFO@ECTA.EDU.SG / 6346 6411 or 6339 5191**

