

Diploma in Counselling

Pathway to your bachelor's degree



OUR VISION, YOUR FUTURE

We at belmont are committed to delivering a transformative educational experience that empowers students to reach their fullest potential.

Providing a nurturing and inclusive environment where students thrive academically and personally. Inspire and educate well-rounded individuals equipped with the knowledge, skills, and values needed to make a positive impact in the world.

We are dedicated to preparing our students for success as transformative global citizens and future leaders.



Programme Overview

This Level 3 Diploma in Counselling provides a comprehensive foundation for a career in supporting individuals facing various challenges. Explore core counselling concepts like ethics, boundaries, and relationship building. Delve into diverse theories like person-centered and cognitive behavioral approaches to tailor your interventions. Develop exceptional communication and active listening skills to foster trust and understanding with clients. Learn assessment and diagnosis methods to create individualised counselling plans. Gain expertise in both individual and group counselling techniques, alongside crisis intervention and trauma support strategies.

Why choose Belmont?

• Empower Your Career Change

Belmont Campus equips individuals with the foundation to launch a rewarding career supporting others through counselling.

• Develop Practical Skills

You'll gain essential communication, assessment, and intervention skills through interactive learning and practical exercises.

• Explore Diverse Theories

Deepen your understanding. The Programme at Belmont Campus delves into various counselling theories, allowing you to tailor your approach to individual needs.

• Build Confidence and Expertise

Become a confident counsellor. Gain the knowledge and skills to navigate the counselling journey effectively and ethically.

Duration fee and Entry Requirements

Duration 4 Month

Fee

Entry Requirements

GCE O/L 'C' pass in English

Course fee	LKR 60,000.00
Exam fee	LKR 10,000.00
Total	LKR 70,000.00

Course Content

- Introduction to Counselling
- Counselling Theories
- Communication and Active Listening
- Assessment and Diagnosis
- Individual and Group Counselling
- Crisis intervention and Trauma counselling

Who Should Enroll?

• Career Changers

Individuals looking for a fulfilling career shift towards supporting others. This Programme provides a solid foundation for pursuing further training and qualifications in counselling

• Mental Health Professionals

Existing therapists, counselors, social workers, or mental health support workers seeking to expand their knowledge base and refine their clinical skills.

• Those in helping professions

Individual working in fields like education, social or human resources who want to develop effective communication and support skills for their clients.

• People with personal growth goals

Individuals seeking a deeper understanding of themselves and others, potentially for personal development or to support loved ones facing challenges.

LECTURER PROFILE



Lecturer

Sir Nishantha Kapugama

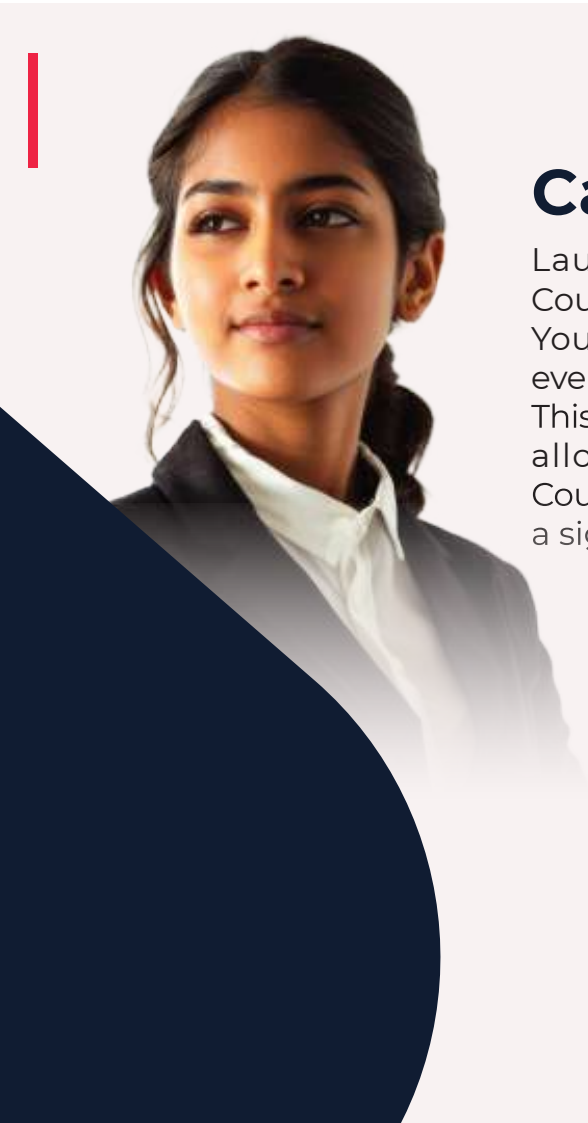
- Certified Accelerated Learning Coach
- Professional Teaching Qualification – Teaching Knowledge Test (TKT) (British Council)
- Diploma in Psychology (College of Higher Education)
- Diploma in NLP (Neuro Linguistic Programme)
- Diploma in Consumer Banking (Money Laundering Prevention)
- MCPM – Member of Chartered Professional Management in Sri Lanka
- General English Course (British Council – Pre-Intermediate I & II)
- MBA & Bachelor of Business Management (Hons.) (London Metropolitan University)



Lecturer

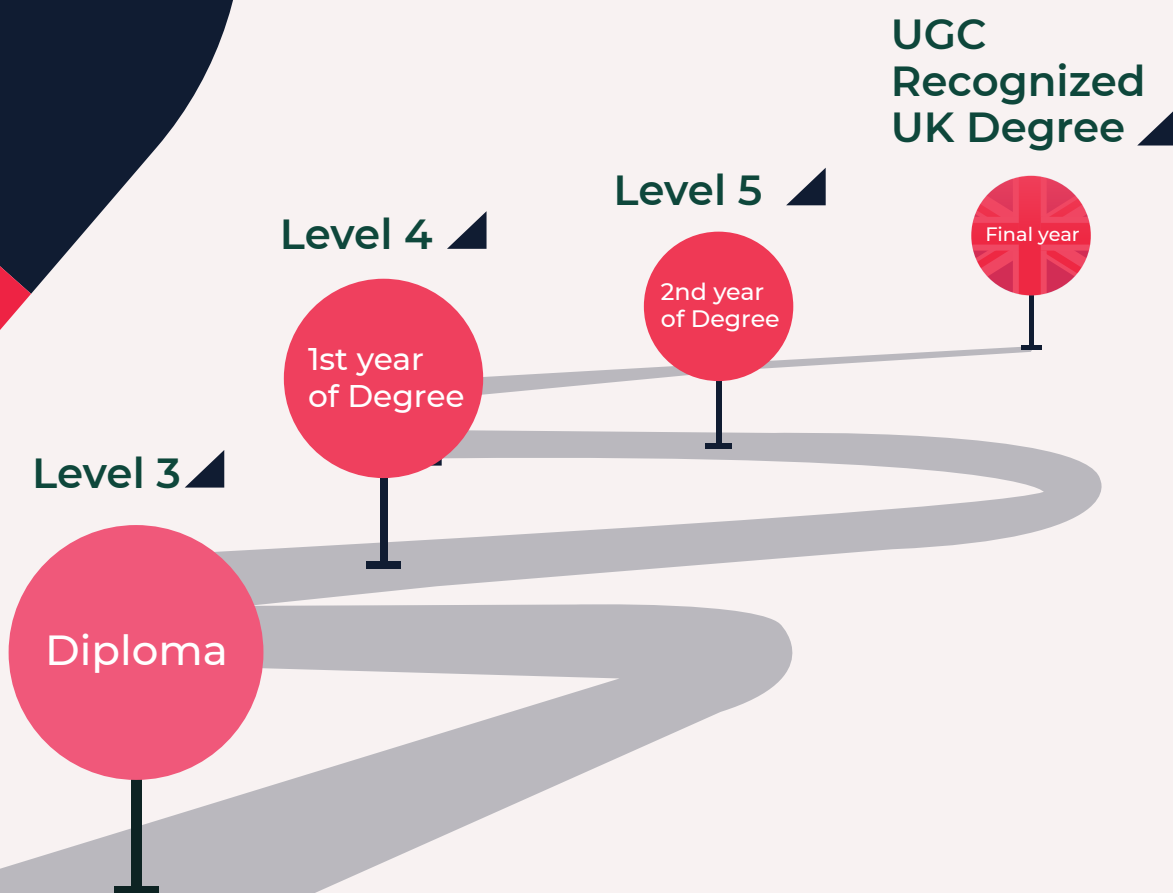
Ms Lithmi

- Senior Sales Executive at GLC Europe Pvt Ltd (June 2022 – 2023)
- BSc (Hons) in Psychology (University of Northampton, 2023 – 2024)
- Higher Diploma in Psychology and Criminology (Colombo Institute of Research and Psychology, 2020 – 2022)
- CertHE in Common Law (Royal Institute of Colombo, 2017 – 2019)



Career Opportunities

Launch your journey as a Counselling Assistant, Trainee Counsellor, or Support Worker in mental health settings. Your skills can be valuable in social care, peer support, or even personal development coaching (with further training). This diploma is also a stepping stone to further qualifications, allowing you to pursue a Level 4 Diploma or degree in Counselling and become a fully qualified counsellor, making a significant impact on the lives of those seeking support.



**PAVE THE WAY TO
A THRIVING FUTURE**

COLLABORATIVE ACADEMIC NETWORKS



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Offering CPD-accredited online courses in business, technology, and personal development, Lead Academy enables students to gain internationally recognized certifications and expert training that align with modern industry needs.



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APPROVED CENTRE

As a UK-recognized awarding organization regulated by Qualifi brings globally respected qualifications in fields like Health and Social Care, Business, Hospitality, and Strategic Management, helping students unlock numerous career opportunities worldwide.



This international consultancy specializes in professional training, career guidance, and education pathways. Our collaboration provides students with tailored workshops, career counseling, and global perspectives on education and employment.





Shape Your Future with Us!

Take the next step towards a rewarding career in counseling. Whether you're a career changer, mental health professional, or passionate about helping others, our program equips you with essential communication, assessment, and intervention skills. Gain confidence, explore diverse counseling theories, and make a real difference in people's lives. Enroll today and build a successful future with Belmont Institute!



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