

# Introduction to Counselling

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This course is intended for candidates who interested in progressing to level 2 counselling skills and from there to either life coaching or counselling. You will gain an understanding of both of these roles and the importance of active listening. After completion of this course you may progress to the level 2 counselling skills course. This will be dependent on your progress on this course and on tutor reference.

3 hours per week for 3 weeks

Start Date: 01 October 2025  
Start Time: 18:00  
Lessons: 3  
Weeks: 3  
Hours: 9.00

## Venue

Medway Learning and Skills Hub  
Unit 2  
Britton Farm Street  
ME7 1GX

## What will I learn on this course?

- 1) Comparison between coaching and counselling and other roles
- 2) The meaning and importance of active listening
- 3) The importance of self-awareness, reflection and feedback
- 4) The impact of boundaries and judgments on safety when listening

Counselling courses include elements of self-awareness, personal growth and development, this will involve self-reflection and sharing of possibly uncomfortable situations undertaken within the confines of the classroom with boundaries and rules set by learners. You will also be expected to give feedback to peers. Due to the nature of the course all students are required to sign a confidentiality agreement at induction.

Although personal counselling is not a requirement at this level it is highly recommended and maybe specifically suggested to you if the tutor thinks it will enhance your support and development. Group and triad sessions are not a replacement for this.

## Is this course suitable for me?

This course is designed to give you an insight into where you may like to develop your studies further and gives you the opportunity to ask the tutor any questions you may have regarding the progression courses.

## Is there anything I need to know about the course?

Learners will be expected to attend all sessions and be prepared to complete 2 written pieces of work - these need to be completed on a computer, (cpcab.co.uk) have an excellent website with any further information you may want. You may be advised of the CPCAB book that is recommended for the Level 2, but is not needed for this course.

## What could I go on to do after this course?

The impact of this course Level 2 Certificate in Counselling Skills

If you wish to explore your learning, work or career options, you can speak to a fully trained careers advisor on 0800 100 900. <https://nationalcareersservice.direct.gov.uk>

If you need further advice, or to book an interview please telephone 01634 338400.

## How are digital skills used and enhanced on this course

The tutor will speak to you about useful websites, apps and online resources which you may be asked to use for homework. Learners will also need good IT skills. If learners are interested in developing their IT skills further, we have a number of Digital Skills courses available that may help.

## Attendance Policy

In order to get the most out of your course you will need to attend as many sessions as possible. We recommend at least 90%. If you do have a holiday booked during term time please let the tutor know in advance so that we can help you catch up on missed sessions and ensure that you still achieve the course outcomes. If you are unavoidably ill or unable to attend, please contact 01634 338400 so that we can let your tutor know, and so they can send you any work you may have missed

### **Health and Safety**

We try to make sure your class is as safe as possible. If you are worried about anything, please talk to your tutor or our Safeguarding Officer.

### **E-Learning Etiquette**

Please be mindful of confidentiality issues when sharing examples of a personal nature.

Please make sure you and everyone at home are fully dressed when you are joining classes online, and that no personal information (address, bank details) can be seen.