Counselling Skills Introduction

Course Name	Start Date	End Date	Site	Total Fees
Counselling Skills Introduction	16/09/2026	07/10/2026	Swans Cfi	0.00
Counselling Skills Introduction	16/06/2027	07/07/2027	Swans Cfi	0.00

Important Information

You must enrol onto and complete a taster session before enrolling on this course. If a taster is not available, please get in touch on 0191 643 2288 or by emailing adultlearning@northtyneside.gov.uk

Who Is This Course For?

This short course is designed for those with an interest in studying counselling skills or seeking employment in counselling. Ideally, you should have attended a Counselling Taster session prior to enrolling onto the Introduction course.

What Can I Learn On This Course?

The Counselling Skills Introduction is a course to prepare people wanting to enrol (or considering enrolling) on the Level 2 Certificate in Counselling Skills.

Learners will:

- Be introduced to basic counselling skills
- Learn what reflective journals are and the idea of check-in at the beginning of each session
- Receive advice and guidance on counselling courses, qualifications and careers
- Understand the requirements and commitments of the Level 2 Certificate in Counselling Skills

How Is This Course Delivered?

This course is delivered in a classroom environment in one of our venues, over 4 sessions.

What Will I Need To Bring With Me?

You aren't required to bring anything specific, but you may wish to bring a pen and notepad to take notes. You may also wish to bring refreshments as on-site catering is not guaranteed.

What Skills Or Experience Do I Need?

No prior experience or knowledge is needed, but you should have attended a taster session prior to starting this introduction course.

How Will My Work Be Assessed?

There are no formal exams or assessments, instead, your tutor will assess and record your progress through the completion of feedback sheets. You should aim to attend all 4 sessions to get the most out of the course.

What Can I Do After The Course?

The next step is the Level 2 Certificate in Counselling Skills.

You could also consider some of our Online Learning courses. We have many to choose from but some of those closest related to this course include:

- Level 2 Certificate in Understanding Mental Health First Aid and Mental Health Advocacy in the Workplace
- Level 2 Certificate in Understanding Working with People with Mental Health Needs
- Level 2 Certificate in Understanding Safeguarding and PREVENT