

## Introduction to Counselling Skills & Theory: Course Information

**Duration:** 4 Weeks

**Time:** Mondays, 6.00 pm – 10.00 pm

**Location:** MACP, 137 Annagher Road, Coalisland, Co. Tyrone, BT71 4NE

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### Course Overview

The *Introduction to Counselling* course provides learners with foundational insight into the core principles, values, and skills of counselling. It introduces definitions and key concepts, as well as the initial identification and practice of basic counselling skills.

This short course is designed to prepare learners for progression to the **SEG Level 3 Certificate in Counselling Skills** – a one-year, part-time accredited course – and subsequently to the **SEG Level 4 Diploma in Therapeutic Counselling**. These qualifications build upon the foundation laid during this introductory programme.

Basic counselling skills are valuable across a wide range of personal, voluntary, and professional settings. Many individuals and employers – including local authorities, health and social care providers, and voluntary organisations – have found this course highly beneficial for staff development. It also serves as an accessible and supportive entry point for mature learners returning to education.

The *Introduction to Counselling* has previously been used effectively within workforce development strategies and to promote access to further education. Delivered in a friendly and supportive environment, the course helps to demystify counselling and learning processes, particularly for those who may feel nervous about entering education or training.

All learning is underpinned by ethical standards such as the **British Association for Counselling and Psychotherapy (BACP) Ethical Framework for the Counselling Professions** and the **National Counselling & Psychotherapeutic Society (NCPS) Code of Ethical Practice**.

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### Aims of the Course

The course is designed to:

1. Provide a gentle introduction to counselling, its concepts, and methods.
  2. Introduce learners to basic counselling skills and ethical awareness.
  3. Enable learners to recognise and begin using core counselling skills.
  4. Offer a basic understanding of how counselling skills are applied within defined contexts.
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### What You Will Learn

Learners will be supported to:

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- Differentiate between counselling, counselling skills, and other helping roles
  - Identify professional codes of ethics and their relevance in practice
  - Understand the importance of working within a framework or code
  - Recognise and describe personal qualities that support competent use of counselling skills
  - Identify and describe a range of basic counselling skills
  - Practise and demonstrate basic counselling skills
  - Receive and give constructive feedback
  - Understand the meaning and importance of confidentiality
  - Identify the limits of confidentiality in practice
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## Important Notes

This is a **non-accredited** course designed to build confidence and introduce the learner to counselling in a safe, inclusive, and non-threatening learning environment. We understand that many adult learners, especially those returning to education, may feel uncertain or anxious – our experienced tutors are here to ensure a supportive and enjoyable experience.

By the end of the course, you will have developed new interpersonal skills, increased your confidence, and may feel ready to take the next step towards professional counselling training.

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## Next Steps

Following successful completion, learners are invited to apply for the **SEG Level 3 Certificate in Counselling Skills**, which begins immediately after this introduction and runs at the same time and location.

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## Fees and Enrolment

**Introductory Offer:** Course fees have been reduced from £195.00 to **£95.00**.

**Limited Availability:** Places are allocated on a *first-come, first-served* basis.

**To Apply:** Complete and return your application form. Once we receive it, we will send payment details via a secure method such as WhatsApp or Messenger.

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## We Look Forward to Hearing From You!

If you are interested in developing a deeper understanding of yourself and others, improving your communication skills, and exploring a potential career in counselling, we warmly invite you to join us for this course.

For any queries, please don't hesitate to get in touch.

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