

29th January 2026

Dear Colleague,

Re: Non-Accredited Introduction to Counselling Skills & Theory (Equivalent to Level 2)

Thank you for your enquiry regarding our upcoming *Introduction to Counselling Skills & Theory* course. We are delighted to provide you with further details.

This four-week introductory programme will begin on **Monday, 2nd March 2026**, running from **6:00 pm to 10:00 pm** each evening. Upon completion of the course, learners will receive a **Certificate of Attendance**.

About the Course

This course offers a supportive and engaging introduction to the world of counselling skills and theory. It is designed to help learners develop confidence, self-awareness, and effective communication skills that are valuable both personally and professionally.

The programme is primarily **information-based**, meaning there are **no exams or written assignments**. This allows students to explore counselling in a relaxed and accessible way, without academic pressure.

We strongly believe it is important for individuals to fully understand what counselling training involves before committing to longer, more intensive, and costly programmes. This introductory course provides an opportunity to make an informed decision about whether counselling is the right pathway for you.

While some participants may have completed introductory courses previously, this four-week programme also covers **clear progression opportunities** for those wishing to train as a fully qualified counsellor or psychotherapist. Throughout the course, we will explain the professional training pathway in detail. Although some theory may be revisited, vital information relating to progression within the profession will also be covered.

Progression Opportunities

Students who complete the *Introduction to Counselling* may choose to continue their training journey with us. The next step is the **Skills Education Group (SEG) Level 3 Certificate in Counselling Skills**, which begins immediately after the Introduction course, on the same day and at the same time. This is a **one-year, part-time accredited qualification** and is a required foundation before progressing to professional practice training.

Successful completion of the Level 3 Certificate enables learners to apply for the **SEG Level 4 Diploma in Therapeutic Counselling**, a **two-year, part-time professional qualification**.

Below is the full training pathway to assist you in planning your learning journey from the introduction level through to the professional SEG Level 4 Diploma.

Training Pathway

Non-Accredited Introduction to Counselling Skills & Theory (Equivalent to Level 2)

- Duration: 4 weeks
- Start date: Monday, 2nd March 2026
- End date: Monday, 23rd March 2026
 - Time: 6:00 pm – 10:00 pm

SEG Level 3 Certificate in Counselling Skills

- Duration: One year, part-time
- Start date: Monday, 30th March 2026
- End date: Monday 31st August 2026
 - Time: 6:00 pm – 10:00 pm

SEG Level 4 Diploma in Therapeutic Counselling

- Duration: Two years, part-time
- Start date: Monday, 14th September 2026
- End date: Monday 26th June 2028

Please note that some dates and times may be subject to change.

Our Training Team

All JMC training is delivered by highly trained, accredited counselling practitioners and standardised tutors, ensuring a professional, supportive, and ethical learning environment.

Whether you choose to attend the Introduction course only, or progress through the full training pathway, we would be delighted to support you.

Fees & Important Information

The fee for the *Introduction to Counselling Skills & Theory* has been **reduced to £95.00** (normally £195.00). As JMC Counselling & Training is an independent counselling and training centre, we are unable to offer funding or reduced-rate places. Fees must be paid in full before a place can be confirmed and are allocated on a **first-come, first-served basis**.

Please note:

- Fees are **non-refundable**, even if a student withdraws during weeks one, two, or three
- If fees are paid but you are unable to start the course, a **full refund** will be issued
- Fees **cannot be transferred** to another student

If you require clarification on any of the above, please do not hesitate to contact us.

Training will be held at:

JMC Counselling & Training
Unit 23
51 Dungannon Road
Coalisland, Co. Tyrone
BT71 4HP

We very much hope to welcome you to **JMC Counselling & Training** and to support you as you explore the possibility of a future in counselling.

Very best wishes,

Joseph Coney, MSSc, MBACP (Senior Accredited), GPsYc, FNCS, Dip Couns, Dip Sup
Registered on the BACP and FNCS PSA Registers

SCoPEd BACP Column C Practitioner