

JMC Introduction to Counselling

4-Week Evening Course | 6.00 pm – 10.00 pm
Beginning Monday, 2nd March 2026

The **Introduction to Counselling** is an accessible, engaging, and professionally grounded short course designed to give participants a clear and supportive introduction to the world of counselling and counselling skills.

This programme introduces the **foundations, principles, and core concepts of counselling**, including key definitions, ethical considerations, and the early identification of counselling skills. It is ideal for anyone curious about counselling, considering formal training, or seeking to enhance their communication and interpersonal skills within personal or professional settings.

The course also provides a clear **progression pathway** into formal counselling qualifications, including the **SEG Level 3 Certificate in Counselling Skills**, followed by the **SEG Level 4 Diploma in Counselling Practice**.

Who Is This Course For?

This course is suitable for individuals from a wide range of backgrounds, including:

- Those considering counselling as a future career
- Mature learners returning to education
- Social workers and those working in health and social care
- Support workers, volunteers, and community-based practitioners
- Anyone wishing to develop stronger listening, communication, and relational skills

Employers and voluntary organisations have successfully used this course as part of staff development programmes, recognising the **practical value of counselling skills across many roles**.

A Supportive and Confidence-Building Learning Experience

The Introduction to Counselling is intentionally designed as a **non-threatening and confidence-building learning experience**. The short-course format allows participants to explore counselling concepts without the pressure of exams or formal assessments.

This approach has proven particularly effective in:

- Supporting adults who may feel anxious about returning to learning
- Re-engaging learners who have been out of education for some time
- Providing a gentle yet meaningful introduction to professional training

The course is firmly rooted in **ethical and safe practice**, aligned with recognised professional frameworks such as the **British Association for Counselling and Psychotherapy (BACP) Ethical Framework** and the **National Counselling Psychotherapeutic Society (NCPS)**.

The purpose of this course is to:

1. Provide participants with a clear and realistic insight into counselling—its concepts, methods, and values
2. Introduce basic counselling skills and the ethical principles that underpin safe practice
3. Support learners to begin identifying and understanding counselling skills
4. Develop an early understanding of how counselling skills and theory are applied in defined situations

What You Will Learn

By the end of the course, participants will be able to:

- Differentiate between counselling, counselling skills, and other helping roles
- Identify professional ethical frameworks that govern counselling practice
- Understand the importance of ethics and professional boundaries
- Identify and describe core personal qualities essential to effective counselling
- Identify, describe, and demonstrate basic counselling skills
- Give and receive constructive feedback appropriately
- Understand the importance of confidentiality in counselling
- Recognise the limits of confidentiality and when these apply

Important Course Information

- **This is a non-accredited course**, designed to provide a safe, supportive, and enjoyable introduction to counselling
- There are **no exams or formal assessments**
- Certificates of attendance are provided upon completion
- Completion of this course may inspire progression to accredited counselling training

At JMC Counselling & Training, we recognise that stepping into learning—particularly as an adult—can feel daunting. We are committed to creating a **warm, inclusive, and professionally supportive environment** where learners feel confident, valued, and encouraged.

Fees & How to Apply

Special Introductory Offer

Reduced from **£195.00** to just **£95.00**

Places are **limited** and allocated on a **first-come, first-served basis**, so early application is strongly advised. To apply, simply complete the application form and return it with your course fee.

We would be delighted to welcome you to JMC Counselling & Training and support you as you take your first steps into counselling.