

Counselling Courses

Counselling Concepts

This course will provide a basic introduction to counselling for those who have had no previous experience of, or training in, the field of helping relationships.

When does this start and end?	What are the entry requirements?	Need more information?
<p>We have 2 different start dates for this course:</p> <ul style="list-style-type: none">• 28 January 2026 - 13 February 2026• 15 October 2025 - 24 October 2025	<p>You will need complete written assignments during this course therefore a good level of English language is required.</p>	<p>You can find out more about Northern College and the courses on offer by calling us on 01226 776000 or emailing us courses@northern.ac.uk</p>

Course description

This course will provide a basic introduction to counselling for those who have had no previous experience of, or training in, the field of helping relationships. The course aims to enhance and improve verbal communication skills related to counselling, especially empathy and active listening skills which are necessary for helping activities. You will also develop a basic understanding of what counselling is about and the training required to become a trained counsellor. This course would be suitable for individuals seeking a career change, undertaking voluntary work in a range of sectors and those who are thinking of training as a professional counsellor. Please note, this qualification does not qualify you to become a practising counsellor but enables you to progress onto level 3 qualifications.

On completion of the course you will achieve:

- SEG Level 2 Award in Counselling Concepts

What can this course lead to?

Successful completion of this course *could* potentially enable you to progress onto a Level 3 Certificate in Counselling Skills programme or a Level 3 Counselling Skills Diploma.

Potential future careers include support worker and victim support worker. In addition, the skills gained on this course would complement many roles in both the education and health professions. This course is an important step on the pathway to becoming a fully trained counsellor.

Want to learn more?

You can find out more about Northern College and the courses on offer at one of our Open Events [<https://www.northern.ac.uk/open-events/>]

Course session dates

Session dates for 28 January 2026 - 13 February 2026

- Wednesday 28 Jan 2026 to Friday 30 Jan 2026
- Wednesday 11 Feb 2026 to Friday 13 Feb 2026

Session dates for 15 October 2025 - 24 October 2025

- Wednesday 15 Oct 2025 to Friday 17 Oct 2025
- Wednesday 22 Oct 2025 to Friday 24 Oct 2025

Last updated: 18th September 2025