

Counselling Courses

Counselling and Helping Skills

This new course will introduce you to the use of helping skills in everyday life and work.

When does this start and end?

- 5 November 2025 - 27 November 2025

What are the entry requirements?

There are no specific requirements to study this course, however, you may find it helpful if you have achieved a Level 1 qualification. You will need to complete written assignments using an acceptable level of English language.

Need more information?

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

Course description

The qualification is designed for anyone who uses, or would like to use, helping skills at work or in a personal capacity. This may include students who wish to progress towards further qualifications, or students who wish to study this programme in order to complement other programmes (eg health and social care, children's care, learning and development, voluntary and community work).

You will learn:

- Developing self-awareness for the helping relationship
- Developing listening and communication skills for the helping relationship
- Managing the helping relationship

What can this course lead to?

- Level 2 Certificate in Counselling Skills
- Level 3 Award in Counselling Skills and Theory
- Level 3 Diploma in Counselling Skills

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 5 November 2025 - 27 November 2025

- Wednesday 05 Nov 2025 to Thursday 06 Nov 2025
- Wednesday 12 Nov 2025 to Thursday 13 Nov 2025
- Wednesday 19 Nov 2025 to Thursday 20 Nov 2025
- Wednesday 26 Nov 2025 to Thursday 27 Nov 2025

Last updated: 20th August 2025