

Course Outline and Details

Course Code	14010Y25	Title:	Counselling L1
Time and duration		Location	
Start Date:	27 February 2026	Grays Area	
Start Time: 09:30	End Time: 12:30	Grays Area	
Start Day:	Friday		
No. of Lessons:	12	Grays	
No. of Weeks:	12	Essex	
Total No. of Hours:	36.00	RM17 5DD	E: tacc@thurrock.gov.uk

Description

This course will give you the skills needed for further learning whilst developing your counselling skills.

What will I learn?

This portfolio course will equip you with the skills needed for further learning whilst developing your counselling skills in readiness for the level 2 certificate in counselling.

The Level 1 Award comprises of two units:

Introducing Counselling Skills

Using Counselling Skills to Help Others.

The development of communication skills, particularly listening, will support you to enhance the skills needed in daily life and at work.

Entry Requirements

A skills scan is required

What do I need to bring?

Your tutor will let you know at the first session what you will need to provide for the course. We advise you not to purchase anything before your first lesson as we are unable to refund the cost of these in the event of a course is cancelled.

You will need to bring the following to each session:

- Pen, pencil, ruler
- Note paper/pad
- Folder for handouts and notes

What support is available?

You can arrange to see an information, advice, and guidance (IAG) advisor for career guidance and support.

The Discretionary Learning Support Fund (DLSF) can be used to help with travel costs and other expenses, our Learner Experience Team can support you with your application.

If you require any additional support or have any special requirements that you have not already told us about, please inform us as soon as possible by emailing: TACC@thurrock.gov.uk a member of our Learning Support team will contact you to talk about these confidentially.

Please advise your tutor of any medical or health issues that may impact on your learning or your safety whilst attending the college.

What is expected from me?

To complete all assignments in a timely manner and work independently for a further 2 -3 hours per week.

Key dates

Courses run mainly from September to February or February to July.
No sessions will take place during college holidays.

Additional information

If any part of this course is online; access to a computer or laptop which uses Google Classroom, would be essential. Learners may have the option to loan a Chromebook for the duration of the course, please discuss this with your tutor at the start of your course.

What can I do next?

Progression pathway - Level 2 Counselling (you will need a minimum of English at Level 1).