

Course Outline and Details

Course Code	TL2002Y25	Title:	Pathway to Counselling
Time and duration		Location	
Start Date:	27 February 2026	TACC within OCH	
Start Time: 09:30	End Time: 12:30	The Old Courthouse	
Start Day:	Friday	Orsett Road	
No. of Lessons:	3	Grays	
No. of Weeks:	3	Essex	
Total No. of Hours:	9.00	RM17 5DD	E: tacc@thurrock.gov.uk

Description

This short introductory course helps learners explore the skills, values, and boundaries needed for helping roles and counselling. It supports personal reflection and prepares learners for progression to Counselling Skills Level 1 or other wellbeing courses.

What will I learn?

This short, non-accredited RARPA course provides an introduction to helping roles and counselling. Learners will explore key communication skills, professional boundaries, and the values that underpin effective helping relationships. The course encourages self-awareness and reflection, helping participants decide whether counselling or emotional support work is the right progression route for them.

This course is ideal for adults who are interested in counselling, mental health support, or personal development. It is suitable for beginners and those who wish to build confidence before joining the Counselling Skills Level 1 qualification.

Learners will:

Explore different helping and counselling roles

Develop active listening and empathy skills

Understand the importance of confidentiality and boundaries

Reflect on personal motivation and readiness for further study

Entry Requirements

There are no formal entry requirements. Learners should have an interest in helping others and be willing to take part in group discussions and reflective activities. Good spoken and written English will support participation.

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:

- Note paper/pad and a creative spirit

What support is available?

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 attend each lesson

What can I do next?

Successful learners may progress to:

Counselling Skills Level 1

Personal Development or Wellbeing courses

Volunteering or support roles in the community