Clear Light Academy

COUNSELLING & PSYCHOTHERAPY TRAINING

Thinking about Counselling Training?

9 common concerns - and what you might find reassuring to know

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Thinking about beginning a counselling course can feel both exciting and daunting.

It’s natural to have questions and perhaps a few quiet worries.

We’ve brought together some of the most common concerns, so wherever you are in your thinking, we hope this helps...

1. Am I good enough to do this?

This is probably the most common thought people have before starting and it's worth naming, because you're almost certainly not alone in it.

Many people worry about saying the wrong thing, not being empathetic enough, or simply not knowing what to do. The truth is, counselling training is designed to develop those skills over time. You are not expected to arrive with experience or expertise.

The purpose of the course is to learn, practise, and gradually build confidence in listening and being present with others.

2. What if I can't make every session?

Regular attendance is important to counselling training, but life happens; we get ill or we have planned holidays.

The requirement is that you attend at least 80% of the guided learning hours.

We always support students who miss sessions and all teaching resources are available through our online classroom so you can catch up in your own time.

We always aim to help you feel confident you haven't missed anything important.

3. I can't afford to pay the course fee all in one go

You don't have to. A deposit of £500 secures your place, with the remainder due before the course starts.

However, we understand that this is a significant investment, and flexible payment plans are available on request. We're always happy to arrange a plan that works for you.

Feel free to get in touch and we'll work something out together.

4. Will the workload be too much for me?

Many people complete counselling training alongside work, family, and other commitments, and find it manageable with some planning.

Assessment requirements vary at each level and include a mix of written work, skills practice, and reflective learning. You can find more detail on the individual course pages on our website.

Only you can know what feels manageable, but we are always very happy to talk this through in advance to help you understand what is involved, so you can make an informed decision.

5. If the course is CPCAB accredited, does it involve lots of paperwork and criteria?

Some people think CPCAB courses involve endless criteria-ticking and complicated portfolios. In practice, this isn't how CPCAB expects courses to be delivered and that's not how we approach things at Clear Light Academy.

Students do need to demonstrate they've met the learning outcomes, but this doesn't mean repeatedly referencing criteria or producing unnecessary written work.

Our emphasis is firmly on developing real counselling skills, reflection, and personal growth, not turning the course into a box ticking exercise.

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6. What if I struggle with the academic side of things?

Some people worry that counselling training will feel very academic. At Level 2, it isn't. The course includes one written assignment, which focuses on reflecting on your learning and experience, rather than research or formal academic writing.

As you progress through the levels, the written requirements increase gradually. Level 3 introduces more structured written work and by Level 4 you will be expected to write in line with academic conventions. This is something you are taught and supported with, rather than something you are expected to know already.

All our tutors are qualified and experienced teachers, used to working with students of all abilities. Any additional learning needs will be supported fully and we ensure the right support is in place.

7. I'm nervous about speaking in groups

Feeling anxious about joining a new group is completely understandable. We keep our groups intentionally small and spend time getting to know each other to build trust.

Counselling is a non-judgmental profession, and that ethos underpins everything we do in the learning space. Students are encouraged to contribute at their own pace, as their confidence develops.

Presentations form part of each course, but this doesn't need to follow a traditional PowerPoint presentation format. We encourage participants to think outside the box and be creative by perhaps using props, making a collage or creating a short video.

8. Will I have to share personal experiences with the group?

This is something people often worry about, so it's good to address it directly.

Confidentiality within the group is taken seriously, and you are always encouraged to share only what you feel comfortable sharing.

Often, skills practice uses made-up scenarios, so there's no expectation that you'll bring your own personal issues into the room, especially at Level 2.

9. What actually happens in skills practice?

Skills practice is at the heart of counselling training. Students usually work in small groups of three, taking turns to practise listening skills with each other.

At Level 2, we don't jump into this straight away. The group first spends time building rapport and getting comfortable with each other.

Skills practice is not about giving advice (counsellors don't tell clients what to do) or getting things perfect. The focus is on listening and holding space for another person.

It's often one of the most meaningful parts of the course and where you get to put theory into practice.

Ready to find out more?

Our Level 2 Certificate in Counselling Skills starts on 15 October 2026, Level 3 begins 18 November, and Level 4 is planned for 2027

Early bird offers are available when you apply before 31 July 2026.

Do you work or volunteer for a charity, school, or emergency, frontline or public service? If so, you may be eligible for a further discount - we always want to support the people who need this course most.

Flexible payment plans are available on request.

If you'd like to find out more, get in touch at info@clearlightacademy.com

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