

You might be wondering

What makes Independent Counselling Training different?

At Independent Counselling Training, we believe that becoming an effective counsellor or supervisor is about much more than gaining knowledge. Our courses combine theory, skills and experiential learning within a supportive environment that encourages curiosity, reflection and professional growth. We aim to help you develop your own authentic way of working rather than simply learning techniques.

Who teaches the courses?

Our core tutors are Lorna Marchant, Julia Laycock and Maria Galani supported by an experienced tutor team. Between us we have many years of experience in counselling, supervision, group work and counsellor education, bringing real-life clinical experience into every aspect of the training.

Are your qualifications nationally recognised?

Yes. Our Level 5 Diploma in Psychotherapeutic Counselling and Level 6 Certificate in Therapeutic Counselling Supervision are CPCAB accredited and sit on the Ofqual Regulated Qualifications Framework, giving you qualifications that are recognised throughout the UK.

I'm already a qualified counsellor. Why would I take your Level 5 Diploma?

Many counsellors find that qualifying is only the beginning of their professional journey. Our Level 5 Diploma is designed to deepen your therapeutic understanding, develop confidence in working with more complex presentations, and prepare you for independent practice. It also supports progression towards SCoPED Column B and professional accreditation where eligibility requirements are met.

I learn differently, is your training suitable for neurodivergent students?

Yes. We are proud to be a neurodivergent-friendly training centre. We recognise that everyone learns differently and aim to provide a supportive, flexible learning environment. If you have dyslexia, ADHD, ADD or another learning difference, please talk to us before the course so we can discuss how best to support you.

Are the courses entirely online?

Our core qualification programmes are delivered live online via Zoom rather than through pre-recorded videos. This allows students to engage in discussion, skills practice, experiential exercises and receive ongoing feedback from tutors and peers.

Will there be opportunities to practise counselling skills?

Absolutely. Skills practice forms a central part of our training. You'll regularly take part in experiential exercises, observe demonstrations, receive constructive feedback and reflect on your own development in a safe learning environment.

Are your courses suitable if I want to work in private practice?

Yes. In fact, several of our programmes have been designed specifically to help counsellors develop the confidence, knowledge and ethical understanding needed for independent practice. Alongside theoretical ideas and concepts, we explore the realities of working independently and managing more complex client work.

What is it like to be on one of your courses?

Students often describe our courses as warm, supportive, challenging and enjoyable. We work hard to create an environment where people feel respected, encouraged and able to take risks in their learning while remaining appropriately supported.

How much tutor support will I receive?

We believe good training involves strong relationships between tutors and students. You'll receive detailed feedback on assessments, opportunities to ask questions throughout the course, and ongoing guidance as your confidence and competence develop.

Do you offer CPD as well as longer qualifications?

Yes. Throughout the year we offer a range of CPD workshops and specialist training events covering topics relevant to practising counsellors, supervisors and those still in training.

I'm not sure which course is right for me. Can I speak to someone first?

Of course. Choosing the next step in your professional development is an important decision. We'd be happy to discuss your experience, career goals and any questions you may have before you apply, helping you decide which course would best meet your needs.

Get in touch with Lorna Marchant either via email

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or calling 07795106498