



## Counselling - Introduction

Before you make a commitment to a more intensive course, come and explore the four key areas, listening skills, theory, equality and diversity and personal discovery. This will give you a taste of Counselling Skills Level 2 and 3.

Course Code: UXPKE11

Start Date: Thu 23 January 2020

Weeks: 4

Time: 18:00 - 21:00

Fee: £48 \*

## Overview

Listening is such a simple act. It requires us to be present, and that takes practice, but we don't have to do anything else. We don't have to advise, or coach, or sound wise. We just have to be willing to sit there and listen.' (Margaret Wheatley)

Over the four weeks you will be able to journey through some of the basic skills, where the core concepts originate, the practice and the self-development that runs through all counselling skills and counselling training. Your tutor will bring in a variety of text books that may be of interest to you if you are wanting to progress to Counselling Skills Level 2 or 3.

This course does not qualify you to use counselling skills or provide therapeutic counselling for others.

## Modules

- Explore The Basics of Good Listening
- Get A Flavour Of The Origins Of Counselling
- Participate In Creative Activities To Explore Self
- Find Out Where This Course Leads To
- What Is Involved In Undertaking Counselling Skills Level 2 and 3
- How To Progress From Level 3 to Counselling Training

## Academic Progression

- Counselling Skills Level 2
- Counselling Skills Level 3

## Equipment Info

- Please bring pen and paper
- Other materials will be provided

\* Fee remission available on this course