



Counselling - Introduction

“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

Course Code: UXPKAF02

Start Date: Thu 12 November 2020

Weeks: 5

Time: 18:00 - 21:00

Fee: £60 *

Overview

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.

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 textbooks 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 & 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 & paper. Other materials will be provided.

* Fee remission available on this course