

How to find us: There is a link to streetmap.co.uk on our website at www.norwichcentre.org or please contact the Norwich Centre for information. For satellite navigation our postcode is NR2 3RA.

Car Parking at the Norwich Centre is limited. One space is reserved for disabled visitors. Contact the Centre for further information.

Bicycle Parking is available at the front of the building

Accessibility: The course will take place in our wheelchair accessible annexe which contains a training room and accessible toilet. This is accessible for those arriving by car and parking in our car park. Please let us know if you require assistance or further information. If you are a wheelchair user and will not arrive by car, please contact us for information.

Price: £250

Number of places: 10

Places must be booked and paid for in advance. For a booking form please visit our website at www.norwichcentre.org or phone 01603 617709.

If you would like to pay by instalments, please contact the Norwich Centre. Terms and conditions apply:

Cancellation Policy

- Bookings cancelled before the 31st December 2009 will be refunded 80% of the full fee of £250
- Registrations cancelled from 1st January 2010 will be refunded 50% of the full fee of £250
- Registrations cancelled from the 1st February 2010 will not be eligible for a refund

We reserve the right to postpone or cancel the course and refund the course fees if we do not have sufficient numbers to cover our costs.

Insurance

Please arrange your own insurance. The Norwich Centre will not be liable for delays and/or modifications to the programme due to unforeseen circumstances.

To book your place please complete a booking form and send with your payment to:

The Norwich Centre

7 Earlham Road

Norwich, NR2 3RA

Phone: 01603 617709

Email: admin@norwichcentre.org

Website: www.norwichcentre.org

If you would like this leaflet in large print, audio, Braille, alternative format or in a different language please contact us on 01603 617709 and we will do our best to help

The Norwich Centre

Introduction to Counselling Skills



**Spring
2010**

www.norwichcentre.org

Introduction to Counselling Skills

Aidan Abernethy

**Wednesdays 24th February,
3rd, 10th, 17th, 24th March,
14th, 21st, 28th April 2010
7 pm – 9.30 pm**

**Saturday 6th March
10 am – 4 pm**

Counselling skills can enable us to improve our relationships through better communication, better listening and better understanding. They also benefit us at work and can contribute to improving performance and wellbeing.

This course is aimed at those who are new to, or exploring, an interest in counselling. The aim of the programme is to increase understanding of the counselling process, explore some of the theoretical issues and to practise the skills involved. This course is designed to help you to discover your potential and can provide a first step towards other careers. We work in an experiential way to help you build your confidence in using counselling skills. The course will include group exercises as well as pair and triad work. This can involve talking about yourself as well as listening to others.

Many people find that they have a changed view of life afterwards. Confidentiality within the group is essential.

In this course you will have the opportunity to:

- increase your understanding of counselling skills
- practise those skills
- increase your understanding of counselling theory
- increase your personal effectiveness at work, home or leisure
- apply theory in order to understand human interaction as it relates to self and counsellor-client relationship

You will be required to keep a Skills Journal. You should allow about two hours a week for writing up and background reading. The course reading book 'First Steps in Counselling' by Pete Sanders, 3rd edition, Pub. PCCS Books will be available for purchase from the Norwich Centre at a discount at the start of the course.

This course is unlikely to be suitable for those exploring deep personal issues such as recent bereavement or whose emotional resources are already fully stretched. Please talk to the tutor if you

are unsure about fully participating in the emotional demands of the course

The Norwich Centre has a well established reputation for providing training courses and workshops, and the time seems right to return to delivering high quality introductory courses in counselling skills.

The Norwich Centre Projects team are experienced in delivering counselling and other courses in higher, further, adult education and commercially. We have a broad range of experience and come from a variety of backgrounds in industry, commerce, and the voluntary and statutory sector and provide counselling and consultancy support as well as training to a wide range of organisations across Norfolk.

Aidan is a counsellor for Norwich Centre Projects Ltd as well as working in private practice. He has taught on counselling courses at the University of East Anglia and has run residential encounter groups and personal development groups over many years. He has also delivered creative workshops in schools and currently teaches at Norwich University College of the Arts.