

# **The Norwich Centre**

## **Certificate in Counselling Skills**

**Eva van Eeghen and Jamie Geary**

January 2018—July 2018



**[www.norwichcentre.org](http://www.norwichcentre.org)**

# **Certificate in Counselling Skills**

**Eva van Eeghen and Jamie Geary**

This course is designed to develop counselling skills to both help in the workplace and to prepare participants for further person-centred counselling training. It is particularly suitable for those whose work demands relating with others, such as in the caring professions, teaching, human resources, as well as being suitable preparatory work for professional post-graduate counselling training such as the Norwich Centre Diploma in Counselling, a part-time person-centred professional training launched in 2013.

Moreover, this course invites you to develop your ability to listen to self and explore your sense of spirituality. Through offering Rogers' core conditions, the facilitators will endeavour to create an environment where you will feel sufficiently confident to engage in self-exploration and risk sharing with others. It is this increased self-knowledge that can increase the potential for discovering more genuine/authentic ways of relating. You will take responsibility for your own development, whilst respecting the individual processes of other group members.

The course will focus on three main areas:

- unstructured large group work
- exploration of theory
- listening/counselling skills practice

Alongside the experiential learning, you will be asked to undertake one formative and three assessed assignments to reflect your understanding of counselling skills, the person-centred approach and your self-awareness. You will be aided in this by referring to your reflective journal that you will need to maintain throughout the duration of the course. Time spent on reflecting and reading outside of the course will enable you to benefit more fully from the experience.

Please note that one weekend and six full Saturdays of group work are built into the timetable. These form an integral part of the course and it is important that you are able to commit to these from the outset.

The Certificate in Counselling Skills aims:

- to provide training that enables students to develop the skills of the person-centred approach as developed by the late Carl Rogers and his associates.
- to provide knowledge, skills and understanding relating to the contribution of research

- to encourage the view that doing research is integral to good practice
- One unique aim of the Certificate course is to engage in exploration of the implications of person-centred theory and practice for spiritual understanding and development.
- The person-centred focus of the course is reflected not only in the content of the course but also in the model of assessment. At the end of the course each individual engages in a peer and self-assessment process which is monitored by course staff and an external examiner.

**Facilitators:** Eva and Jamie are very happy to be part of the tutor team delivering this Person-Centred Certificate course. They have worked as counsellors for a number of years and have a wealth of experience and knowledge to draw from. Their approaches are complementary which will form part of the learned experiential aspect of Person Centred training. Jamie specialises as a child and adolescent counsellor working in schools with the pupils and their parents. He also trains and clinically supervises other therapists and professionals who work with children and young people. He is interested in the nature of the therapeutic relationship and its involvement in the self-actualisation process, therapy, neurological research, and the person-centred approach to spirituality. Eva has two private practices, and is particularly interested in inter-generational trauma and how Person-Centred counselling can break those patterns.

We hope that Professor Brian Thorne will visit and contribute to the course.

**Award:** The Certificate in Counselling Skills is designed as a university level course equivalent to 60 credits at NQF Level 6, and successful participants will be awarded the Norwich Centre Certificate in Counselling Skills.

**Entry requirements:** Successful completion of the Norwich Centre Introduction to Counselling Skills Course or equivalent, completed application form and possible phone interview. The purpose of any phone interview will be to clarify information on the application form and readiness for embarking on training of a personally demanding nature. If you have any doubts about your readiness or suitability, please contact the Norwich Centre to arrange an informal discussion.

**Number of Participants:** 14

**Dates:** The class will take place on Thursday evenings with six Saturdays and one Saturday/Sunday residential.

Thursday evenings 6.30 pm—9.30 pm

Saturday 20th January, 10th February, 17th March, 21st April, 26th May, 23rd June 2018 9.30 am—5.30 pm

Residential Weekend Friday 4th May 2018 6 pm—Sunday 6th May 2018 4.30 pm

**Cost:** £2015 (this includes the cost of accommodation and teaching for the residential weekend but not travel)

## **How to apply:**

Please complete the application form and return to Eva van Eeghen and Jamie Geary at the Norwich Centre. Please note that acceptance on the course may require a telephone interview. If the tutors do not feel this course is suitable for you they will explain their reasons. If you are unhappy with their decision, you may contact the Centre Director, Caroline Kitcatt to discuss this.

If you would like to pay by instalments, please contact the Norwich Centre, but please note **all fees must be paid in full in advance of the start of the course.** Terms and conditions apply:

## **Cancellation Policy**

- Bookings cancelled up to two months in advance of the start date will be refunded 80% of the full fee of £2015
- Registrations cancelled from later than two months before the start date will be refunded 50% of the full fee of £2015
- Registrations cancelled one month or less before the start date will not be eligible for a refund

The Norwich Centre reserves the right to cancel the course if numbers are not sufficient for it to run. In the event that the course is cancelled, a full refund will be made of any fees paid.

**How to find us:** There is a link to [streetmap.co.uk](http://streetmap.co.uk) on our website at [www.norwichcentre.org](http://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.

## **Contact Information**

Eva van Eeghen and Jamie Geary  
The Norwich Centre  
7 Earlham Road  
Norwich  
Norfolk  
NR2 3RA

Tel: +44 (0) 1603 617709  
Fax: +44 (0) 1603 886999  
Email: [training@norwichcentre.org](mailto:training@norwichcentre.org)  
Website: [www.norwichcentre.org](http://www.norwichcentre.org)

Registered Charity No: 1005967

**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**