

# **The Norwich Centre**

## **Certificate in Counselling Skills**

**Aidan Abernethy and Gosia Miernik**

September 2020—July 2021



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

# **Certificate in Counselling Skills**

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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 Post-Graduate Diploma in Counselling.

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 two 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 Aims of the Certificate in Counselling Skills:

- 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 the profession.
- 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:** Aidan Abernethy and Gosia Miernik

Aidan and Gosia have both worked as counsellors for a number of years and are delighted to have the opportunity to offer this person-centred training course at the Norwich Centre. Aidan is an experienced trainer and supervisor who has delivered training in counselling in various contexts including the education and commercial sectors. Gosia is a graduate of the Norwich Centre Post-Graduate Diploma in Counselling. They are committed to working as closely as possible to the core principles of the person-centred approach, focusing on the quality of authentic presence and relationship. Aidan is especially interested in the potential for counselling and self-development to become vibrant and creative encounters with both oneself and others. Gosia's interest lies in working creatively with the group where personal and individual meaning reveals itself as continuous unfolding process in 'here and now' and in the possibility for change by interaction and experience of the individual and the group.

We are delighted 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, but is not externally validated. 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 successful interview. The purpose of the interview will be to review the information on the application form and your readiness for embarking on an intensive 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 Wednesday evenings with two Saturdays and one Saturday/Sunday residential.

Wednesday evenings 6.30 pm—9.30 pm from 16th September 2020 —7th July 2021

Saturday 10th October 2020 10 am—4.30 pm

Residential Weekend Friday 15th January 2021 5.30 pm—Sunday 17th January 2021 4.30 pm

Saturday 10th July 2021 10 am—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 Aidan Abernethy and Gosia Miernik at the Norwich Centre. You will be contacted to advise you if you have been selected for interview. Please note that acceptance on the course is subject to 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 are offered a place and 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:** the course will take place at the Norwich Centre, 7 Earlham Road, Norwich NR2 3RA

**Car Parking** is available in nearby roads

**Accessibility:** The Norwich Centre is wheelchair accessible. If you have accessibility needs please contact the Norwich Centre to discuss these.

## Contact Information

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