

The Norwich Centre

Certificate in Counselling Skills

Kaz Lever and Andrea Rippon

November 2021—July 2022



www.norwichcentre.org

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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 nurture self-awareness and a valuing of difference and diversity.
- To provide knowledge, skills and understanding relating to the contribution of research to the profession and 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: Kaz Lever and Andrea Rippon

Kaz taught on the Post-Graduate Certificate in Counselling Skills at UEA between 2012 and 2017. She was a tutor on the Norwich Centre Post-Graduate Diploma in Counselling and has also taught on other courses for the Norwich Centre. She first worked at the Norwich Centre as a volunteer counsellor while completing her Masters in Counselling, after which she taught on Introduction-level courses. Kaz gained her FETQ (Further Education Teaching Qualification) in 2003, initially teaching the oil painting and life drawing associated with her first career in the fine arts. She developed an interest in counselling while studying psychology and after having had therapy herself. Kaz works in private practice and is based in Norwich and in Halesworth, Suffolk.

Andrea Rippon has over 20 years' experience of teaching Counselling Skills. She was Course Director of the Postgraduate Certificate in Counselling Skills at UEA between 2000 and 2010. Since then, she has continued to offer introductory courses (approved by the Norwich Centre) through her own business, Stronger Relationships (www.strongerrelationships.co.uk). Andrea's passion is to introduce Person Centred Counselling (Relationship) Skills to people BEFORE they hit the therapy room; and for 20 years she has been working with organisations in higher education, schools, healthcare, the private sector and, more recently, with parents, young people and families.

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: 18

Venue: The Norwich Wellbeing Centre

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

Thursday evenings 6.30 pm—9.30 pm from 11th November 2021 —14th July 2022
Saturday 20th November 2021 10 am—4.30 pm
Residential Weekend Friday 4th February 2022 5.30 pm—Sunday 6th February 2022 4.30 pm
Saturday 19th March 2022 10 am—4.30 pm
Saturday 21st May 2022 10am—4.30pm

Sunday 17th July 2022 10am—4.30pm

Cost: £2350 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 training@norwichcentre.org 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.

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 £2350
- Registrations cancelled from later than two months before the start date will be refunded 50% of the full fee of £2350
- 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 Wellbeing Centre, 15 Chapelfield East, Norwich, NR2 1SF <http://norwichwellbeing.com/> unless government restrictions mean we have to move online.

Car Parking is available nearby

Accessibility: The room we are using is on the first floor. If you have accessibility needs please contact the Norwich Centre to discuss these.

Contact Information

The Norwich Centre
7 Earlham Road
Norwich
Norfolk
NR2 3RA

Tel: +44 (0) 1603 617709

Fax: +44 (0) 1603 886999

Email: training@norwichcentre.org

Website: www.norwichcentre.org

Registered Charity No: 1005967

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