

The Norwich Centre

Certificate in Counselling Skills

Sarah Ellan and Aidan Abernethy

September 2022 - July 2023



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 to 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

Sarah Ellan and Aidan Abernethy

Sarah and Aidan 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 counselling training courses in various settings including the education and commercial sectors. Sarah is a graduate of the Norwich Centre Post-Graduate Diploma in Counselling and also delivers Introductory courses.

They are both 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. Sarah is interested in the possibility and the challenge of embodying the person-centred approach as a way of being, inside the counselling room, the training environment and within the wider context of our lives. Aidan is especially interested in the potential for counselling and self-development to become vibrant and creative encounters that foster healing within individuals and communities.

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, Chap

Cost: £2550 This includes the cost of accommodation and teaching for the residential weekend but not travel.

Term Dates

The class will take place on Wednesday evenings with two Saturdays and one Friday evening/ Saturday/ Sunday residential.

Term 1 (2022)

1	14 September
	17 September – SATURDAY 10.00 – 4.30
2	21 September
3	28 September
4	5 October
5	12 October
6	19 October
	Half-Term
7	2 November
8	9 November
9	16 November
10	23 November
11	30 November
12	7 December

Term 2 (2023)

13	11 January
14	18 January
	20, 21 & 22 January – WEEKEND RESIDENTIAL
15	25 January
16	1 February
17	8 February
	Half-Term
18	22 February
19	1 March
20	8 March
21	15 March
22	22 March
23	29 March

Term 3

24	3 May
25	10 May
26	17 May
27	24 May
	Half-Term
28	7 June
29	14 June
	Study Week
30	28 June
31	5 July
32	12 July
	15 July – SATURDAY 10.00 – 4.30 (ENDING)

The residential weekend takes place at Belsey Bridge Residential Centre at Ditchingham in Suffolk. The venue is run by the Christian Conference Trust. They host all sorts of groups and we do not use this venue because of its Christian links. The Norwich Centre is not aligned with any particular faith or spiritual tradition; it is open to all and to none. We have been well looked after at Belsey Bridge over many years and are pleased to be able to use a worthwhile not-for-profit community resource.

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 £2550
- Registrations cancelled from later than two months before the start date will be refunded 50% of the full fee of £2550
- 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.

The Venue: 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: Availability 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
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Norfolk
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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.