

The Norwich Centre

Introduction to Counselling Skills

Spring 2024



The Norwich Centre
7 Earlham Road
Norwich
NR2 3RA

www.norwichcentre.org

Introduction to Counselling Skills

Mondays, 18:30-21:00

22nd & 29th January

5th, 12th & 26th February

4th, 11th & 18th March

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Saturday, 10:00 – 16:00

27th January

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

This course is aimed at those who are new to, or wish to explore, 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 and attitudes involved in being a skilled helper.

The 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 enable you to build your confidence in using listening 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 and relationships afterwards. Confidentiality within the group is essential.

In this course you will have the opportunity to:

- increase your understanding of counselling skills
- practise using 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 this up and for background reading. You will need to purchase your own copy of *First Steps in Counselling* (new 5th edition) by Pete Sanders.

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 ask to talk with a 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. Our team are experienced in delivering counselling and other courses in higher, further and adult education as well as commercially. Together we have a broad range of experience coming from a variety of backgrounds in industry, the arts, commerce, and the voluntary and statutory sector. We provide counselling and consultancy support as well as training to a wide range of organisations across Norfolk.

Location: This course will be delivered at the Norwich Centre, 7 Earlham Road Norwich NR2 3RA. Pay and display parking is available nearby. The rooms we use are accessible for wheelchair users from the rear of these buildings, please contact us for further information.

Price: £495

Number of places: 14 (maximum)

Applications: Places must be booked and paid for in advance. For an application form please visit our website at www.norwichcentre.org or phone 01603 617709. Completed applications are to be emailed to training@norwichcentre.org.

Terms and conditions:

Cancellation Policy

- Bookings cancelled before 22nd November 2023 will be refunded 80% of the full fee of £495
- Registrations cancelled from 22nd November 2023 will be refunded 50% of the full fee of £495
- Registrations cancelled from 22nd December 2023 will not be eligible for a refund

We reserve the right to postpone or cancel the course, to make a change of venue or deliver it online if restrictions require it, and to refund the course fees if we do not have sufficient numbers to cover our costs.

The Norwich Centre will not be liable for delays and/ or modifications to the programme due to any unforeseen circumstances.

**If you would like this information 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.**