

The Norwich Centre

Introduction to Counselling Skills

Summer 2024



www.norwichcentre.org

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Course description

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.

Aims of the course

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.

Tutors

The tutor team for the Introduction to Counselling Skills course comprise a number of professionally qualified and experienced person-centred counsellors who are all registered and/or accredited members of the British Association for the Counselling Professions (BACP). The tutors bring a wealth of knowledge, experience and skills to the courses, and work with students to facilitate personal development, an understanding of person-centred theory, and reflective listening skills practice.

Course dates

The course will take place on Monday evenings, 6.30-9pm. Please note that a full Saturday (10am-4.30pm) is built into the timetable. The dates are as follows:

Mondays 22 & 29 April; 13 & 20 May and 3, 10, 17 & 24 June plus **Saturday** 27 April.

How to apply

If you would like to apply for the course, please complete the application form and email to training@norwichcentre.org. Your application will be reviewed by the Introduction and Certificate Course Director and you will be notified of a decision either way. If the Course Director does not feel this course is suitable for you they will explain their reasons.

Cost

The course costs £495. Please note that once you have been successfully accepted onto the course, the **full fee must be paid in advance of the course** to secure your place – please see our Cancellation Policy below:

Cancellation Policy

Once you have confirmed and secured your place on the course:

- registrations cancelled before 22 March 2024 will be refunded 80% of the full fee of £495
- registrations cancelled from 22 March 2024 will be refunded 50% of the full fee of £495
- registrations cancelled from 15 April 2024 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,

Location

This course will be delivered at the Norwich Centre, 7 Earlham Road Norwich NR2 3RA.

Car parking

Pay and display parking is available nearby.

Accessibility

The rooms we use are accessible for wheelchair users from the rear of the building. Please contact us for further information.

Contact details

The Norwich Centre
7 Earlham Road
Norwich
Norfolk
NR2 3RA

Tel: 01603 617709
Email: training@norwichcentre.org
Website: www.norwichcentre.org

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.