The Norwich Centre

Introduction to Counselling Skills

Course Brochure

Spring 2027

Course Description

Counselling skills can enable us to improve all our relationships through better communication, listening and 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 person-centred counselling 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 person-centred 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 Reflective 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* (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-4pm) is built into the timetable. The dates are as follows:
Mondays 18 and 25 January; 1, 8 and 22 February; 1, 8, 15 March, plus **Saturday** 23 January 2027.

How to Apply

There are 14 student places on the Introduction to Counselling Skills course. 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 if suitable for you, they will explain their reasons.

Fee

The course fee is £600. 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 you place on the course:

- registrations cancelled before 21st December 2026 will be refunded 80% of the full fee of £600
- registrations cancelled from 21st December 2026 will be refunded 50% of the full fee of £600
- registrations cancelled from 11th January 2027 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.

Location and Car Parking

This course will be delivered at the Norwich Centre, 7 Earlham Road Norwich NR2 3RA. There is no available parking on-site but pay and display parking is available nearby.

Accessibility

We have one car parking space for Blue Badge holders. 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 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.