

# Introduction to Counselling | Herts & Beds

12 hour course (over 4 or 6 weeks)

Cost: £285

## An Introduction to Counselling Skills

An Introductory Course which is open to anyone interested in:

- finding out more about what counselling is
- using counselling skills at work or in private life
- preparation for The Training Centre's Foundation Certificate course

## Who is the course for?

This is an introductory course, which is open to anyone interested in obtaining and learning how to use counselling skills in any area of life as well as gaining more self-awareness. Personal development is a key component which can be used in a variety of professions or in personal relationships.

In addition, the Introduction to Counselling course helps prepare you for the Training Centre's Foundation Certificate Course and in turn counselling as a career option.

## What you will learn

The course will introduce you to counselling and experiential learning. You will discover which attitudes and personal qualities counsellors need to develop and learn communication skills that can help you gain insight into how to deal effectively and in a helpful manner with difficult or distressed people.

Communication skills are beneficial for many careers, particularly in education, health and social care.

You will learn about basic counselling skills, such as how to accurately reflect back what the person is feeling, summarising, and asking open-ended questions. You will be able to practise active listening and responding skills. Part of 'active listening' is to learn how to be with the person, and yet at the same time learning to step back and consider what is meant, rather than simply responding as you normally would. These skills are extremely useful to acquire not just for counsellors but for managers, team workers or those who are customer facing as well as parents and carers who require powerful yet underestimated tools when being responsible for others.

You will also be encouraged to learn more about yourself and have the opportunity to look at further training opportunities in the field of counselling.

## Continuing Professional Development (CPD)

The skills you will learn on this course can be part of an ongoing CPD programme. In a work situation you are often faced with a problem that does not require just a practical solution. The ability to listen in a skilled way that enables a person to talk about an issue is often an important first step in finding a solution. This Introductory Course will both teach you these skills and allow you to practice them so you feel confident to use them in the workplace.

### What topics will we cover?

- What is counselling and how does it differ from other helping relationships?
- Skills, attitudes and personal qualities needed by counsellors.
- Listening, responding and other counselling skills.
- An introduction to the psychodynamic approach and a brief comparison with other approaches.
- Personal development: finding out more about yourself and why this is important for counsellors.
- Progression routes in counselling training.

### By the end of this course you should be able to:

- Reflect on what you have learnt about yourself and how you relate to others.
- Define counselling.
- Identify the core qualities of a counsellor.
- Use listening and a range of other counselling skills.
- Begin and end a helping dialogue.
- Describe the basic fundamentals of the psychodynamic approach.
- Identify the importance of cultural differences in the helping relationship.

### How will I be taught, and will there be any work outside the class?

There will be theory input as well as an emphasis on learning through experience. Each session will be made up of three parts: theory, practice and self-development - a structure which reflects a central idea in counselling that you need to understand the concepts, develop your counselling skills, and to become more self-aware.

The course emphasises an experiential style of learning as central to counselling skills practice is the idea that to understand the experience of another person you have to first understand our own. There will be exercises in pairs and in threes, small groups and the large group and the course is structured so that students learn not only from what is taught, but also by actively engaging in the various exercises.

As well as tutor input a handbook including handouts will be provided and you will be asked to do some reading in your own time.

## Assessment

- Feedback from the counselling skills exercises

## Qualifications

On completion of the course students will be awarded a Certificate of Attendance in Introduction to Counselling.

## Entry requirements

This is an open access course and anyone interested in learning about counselling skills can apply.

## What course can I do on completing the Introduction to Counselling?

If you have enjoyed this course and would like to continue learning about this topic, The Counselling Foundation can offer you the opportunity to progress onto the Foundation Certificate. This runs from September to July and is a one year course. Although it is not necessary to complete the Introduction Course to enter the Foundation Certificate it does help people decide whether counselling could be their chosen path before committing to longer courses.

## Get in touch

If you have any questions about the Introduction to Counselling Course, please contact our training team on 01727 868585 (Option 3) or by email to [training@counsellingfoundation.org](mailto:training@counsellingfoundation.org)