

Counselling Introduction



Course Code D01BF33A

Venue: **Room** Large Hall

Tothill Community Centre
Knighton Road
St Judes
Plymouth
Devon
PL4 9DA

Start Date: 17 January 2022
End Date: 14 February 2022
Sessions: 5
Day(s): Monday

Start Time: 18:00
End Time: 20:00

Cost of course: No Fee

Before you enrol on this course You are not able to enrol online as you will need to be enrolled by a Learning Adviser. Please call 01752 660713.

Entry requirements No previous knowledge or skills are required

The course does not teach you to be a counsellor, but it may help you to decide whether or not this is a career you might want to pursue. It is not a substitute for therapy. Students need emotional strength and if you are experiencing serious difficulties in your life it would be advisable to delay starting this course until these are resolved.

Please discuss with a learning adviser if in any doubt.

Course Intent

This course provides an introduction to the qualities and skills involved in the development of supportive interpersonal relationships. During each session you can expect to be involved in a variety of learning experiences including individual, paired, small group and whole group activities in addition to formally taught components. A willingness to participate in all aspects of the course is essential.

You will learn about:

- Working within the limitations of the helping role.
- How to establish boundaries for helping work.
- Communication of empathic understanding.
- The importance of self-awareness in helping work.
- Using listening and responding skills.
- Using review and feedback to develop initial counselling skills.

How will the course be delivered? This is a mainly theory course with some practical elements.

Will I need to study or practise outside the classroom? You will be expected to review your notes between lessons to ensure maximum benefit from your course.

How will I know I'm making progress? During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which you will record in your individual learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

What will I need for the course? Please bring a pen and notepad. Full commitment and willingness to reflect on skills, and engage with some abstract concepts of counselling is essential.

Progression CPCAB Award - Level 2

Learning Advisers will be happy to provide you with information of what progression is available. Visit our website at www.oncoursesouthwest.co.uk or contact us on 01752 660713 to make an appointment.

Please note:

Most courses attract a subsidy from the Education and Skills Funding Agency and can be used to match funding for ESF. It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Room numbers are subject to change - please check when you arrive at the venue.

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