

INTRODUCTION TO COUNSELLING & LISTENING SKILLS

15 HOUR IN-PERSON COURSE



OBJECTIVES

Many people find themselves in helping roles, personally and professionally, that require them to listen to and support the emotional needs and wellbeing of others. So often we feel out of our depth, not knowing what to say or do to be of most help. This course seeks to enhance attendees capacity for helping others by encouraging the development of essential listening and responding skills. It also acts as a first step for those considering training to become a counsellor.

HIGHLIGHTS

In addition to the topic focus of each session detailed below, the group will also learn through group work and skills practice sessions.

Session One

The Helping Relationship
Exploring the qualities of an effective helper.

Session Two

Enhancing our Listening Skills
Active listening, and blocks and barriers to listening.

Session Three

Supporting Safely and Appropriately
Boundaries, ethical considerations, and responding skills.

Session Four

Self Awareness
Understanding values and prejudices and their impact.

Session Five

Self Care
Recognising the need for resourcing and restoring.

AT A GLANCE

DATE & TIME:

Wednesday Evenings
(6pm -9pm)

23rd, 30th September;
7th, 14th & 21st October

COST:

- **£165 Early Bird** - applies to bookings made by Wednesday 26th August
- **£195 Standard**

ENROL NOW

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