

BRIDGING COURSE

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10 MONTHLY SESSIONS

LEVEL 3 & LEVEL 4
- LINKING COURSE

SEPT 2025 - JUNE 2026

COUNSELLING THEORY, SKILLS AND PERSONAL
DEVELOPMENT



VENUE:

Willows Counselling & Training
The Willows Centre
Swindon - SN1 3LQ - Wiltshire

UK Charity No 1185304



Is this the course for me?

COURSE DETAILS



COURSE OVERVIEW

This course is designed for students who have completed a Level 3 Counselling course and have to wait a year before applying for the Level 4 Diploma.

It will also be beneficial for students (who may have taken a break after completion of a Level 3 course) as a way to refresh on theory and skills before embarking on a Level 4 Diploma.

COURSE CONTENT

Each session will include a skills practice, teaching slots, Personal Development group and group exercises.

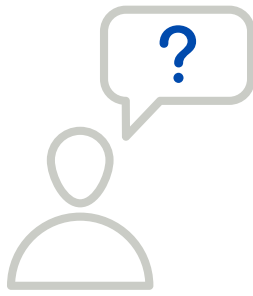
The course will cover areas such as:

- Exploring the Counsellor's role
- How do the assumptions we make inform our practice?
- How self-reflective practice increases our effectiveness
- How to help clients engage with their emotions
- Working with depression
- The significance of relationship
- Working with diversity in the room

WHAT DOES THE COURSE INVOLVE?

- Attending the training session each month
- Participation in skills practice sessions
- Active participation in personal development groups, self-awareness exercises and group discussions
- Maintaining a reflective journal of progress and self-awareness throughout the course

The course will also require an additional time commitment for study, reading, research and written work in addition to attending the training session each MONTH



What about the training centre?

TRAINING AT WILLOWS



WHAT OUR STUDENTS SAY...

This was my second bridging course and I have to say far superior to the first one. The course was well planned, geared to meet the student's needs, and covered a wide range of important aspect of counselling theory and practice. Sessions were well planned to allow each student to participate. Check in was unhurried, and not structured allowing everyone to share. Tony the course tutor was supportive, encouraging, and planned each session with us his tutees in mind. Great to be on a course that was structured, and I felt leading to the next level.

Student 2019 course

" I was surprised to find that my skills have continued to develop despite the fact that there have only been 10 sessions. I think that the longer sessions for counselling and indepth discussions afterwards have been very effective."

Student 2021course

WHY TRAIN WITH WILLOWS?

- We have 30 years experience of providing high quality counselling training and are well respected in our field
- We believe that our approach to training sets us apart from other course providers. We are truly committed to the personal, professional and emotional development of our students and to nurturing their unique qualities and attributes
- As an active Counselling Agency, we offer a unique training experience where students are exposed to the workings of an agency setting where the end goal of qualifying as a counsellor is always in sight
- Willows teaches an Integrative model of counselling with Person Centred theory at its core. This enables student to develop a robust and varied comprehension of the complexities of psychological issues and the most appropriate and effective ways to support





What is the cost and can I apply?

PRACTICAL INFORMATION



COURSE FEE

The course fee is **£650***

***Exclusive of books and travel expenses incurred.**

The course fee can be paid in full or a deposit of £350 (remaining fee of £300 should be paid in total by the first session in September).

Upon accepting a place on the course, students commit to paying the full course fee, regardless of whether they finish the course.

The course fee is non-refundable.

ENTRY REQUIREMENTS

This course is designed for students who have completed a Level 3 Counselling course and have to wait a year before applying for the Level 4 Diploma.

- Minimum age is 19 years
- Good basic use of written English
- A willingness to grow in self awareness
- Full completion of the course application form
- Applicants will be invited to attend a group interview

This course may not be advisable for those dealing with ongoing emotional issues or enduring mental health difficulties

COURSE DATES

Dates - 19th September 2025 - 26th June 2026
Day & Time - Fridays 9.30 am - 2.30 pm
(1 session per month, Term-time)

A minimum of 80% attendance will be required for successful completion

APPLY NOW

Application packs available at www.willowscounselling.org.uk

For further details, contact our Training department
email: training-enquiries@willowscounselling.org.uk
tel: 01793 426650

UK Charity No 1185304

