

## Course details

### Course title

Personal Development: Introduction to Counselling (Surrey, Sussex, Kent)

### Course code

Q00011515

### Course date

Start: 17/04/24

End: 22/05/24

### Number of classes

6 sessions

### Timetable

Wed 17th Apr, 10:00 to 12:00

Wed 24th Apr, 10:00 to 12:00

Wed 1st May, 10:00 to 12:00

Wed 8th May, 10:00 to 12:00

Wed 15th May, 10:00 to 12:00

Wed 22nd May, 10:00 to 12:00

### Tutor

Sasha Dineen

### Fee range

Free to £44.40

### How you'll learn

You'll join a small group of fellow learners for classes online in video meetings and materials will be provided in our virtual learning environment.

Got it!

Online

## Venue

Online

## Qualification name & awarding organisation

Personal Development: Introduction to Counselling (Surrey, Sussex, Kent) ()

## Level of study

Beginners

## Course overview

This introductory course offers a comprehensive overview of the fundamental principles and practices of counseling. Students will explore the theoretical foundations, ethical considerations, and practical skills essential to the field of counselling. This course will mainly focus on using a variety of counselling skills, but will also provide some examples of the main theories that underpin these. It is a good start for anyone thinking of training as a counsellor. It would be useful to anyone working in a job or volunteer role that deals with the general public.

## Course description

This course serves as an introductory exploration into the field of counseling, providing students with a foundational understanding of its principles and practices. Students will embark on a journey to understand the essence of counseling and its applications in various contexts.

Throughout the course, students will delve into the historical evolution of counseling, the diverse theoretical frameworks that underpin it, and the ethical considerations guiding professional practice. They will develop essential skills in communication, empathy, and self-awareness, crucial for establishing effective therapeutic relationships.

Furthermore, students will examine the impact of cultural diversity on counseling dynamics, exploring ways to foster inclusivity and respect for individual differences. Ethical and legal issues within the field, such as confidentiality and informed consent, will also be addressed.

By the conclusion of the course, students will have acquired a broad understanding of counseling's core principles and practices, equipping them with a solid foundation for further study or entry into counseling-related professions.

List the ten main counselling skills, know what they mean and how they can be used

Use most of the ten main counselling skills in a practical way, either in class or outside of class, in the role of counsellor

Self-reflect on own life experiences and the impact of these on values and beliefs, in a practical way, either in class or outside of class, in the role of client

Discuss the origins and history of counselling.

Explain the key aspects of the 3 main counselling theories Psychodynamic, Person-Centered and CBT.

By the end of the course, students will have gained a solid foundation in counseling theory and practice, preparing them for further study or entry-level positions in counseling-related fields.

## **What financial support is available?**

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

## **What other support is available?**

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

**Source URL:** <https://www.wea.org.uk/courses/skills-work/health-social-care/17-april-personal-development-introduction-counselling>