



## Course details

### Course title

Personal Development: Introduction to Counselling

### Course code

Q00018764

### Course date

Start: 08/01/25

End: 12/02/25

### Number of classes

6 sessions

### Timetable

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

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

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

Wed 29th Jan, 10:00 to 12:00

Wed 5th Feb, 10:00 to 12:00

Wed 12th Feb, 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

## **Level of study**

Beginners

## **Course overview**

The awareness of the importance of counselling for the wellbeing of individuals is increasingly recognised as a key issue for the overall health and prosperity of our society. This course will support learners to explore the basics of counselling, the nature of the profession and how skills in counselling can support positive interactions in the workplace. This course focuses on an understanding of the concept and practice of the main practical counselling skills and the theories underpinning these. The course is aimed at anyone who may be considering either a career or further learning in counselling, as well as those wanting to develop valuable helping and listening skills and self-awareness.

## **Course description**

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. This course is ideal for anyone thinking of training as a counsellor, or anyone working in a job or volunteer role that deals with the public.?

You will learn about the ten main counselling skills, know what they mean and how they can be used?a in a practical way. You will also self-reflect on your 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. You will also learn about the?origins and?history of?counselling and be able to explain the?key aspects of the 3 main counselling theories Psychodynamic, Person-Centred and CBT.

At the end of this course you will be able to:

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

Self-reflect on life experiences and the impact of these on values and beliefs, in a?practical way

Discuss?the?origins and?history of?counselling.?

Explain the?key aspects of the 3 main counselling theories

## **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.

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