

Course details

Course title

Counselling

Course code

P0000026

Course date

Start: 01/08/24

End: 31/07/25

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

This course focuses on an understanding of counselling and developing practical skills. The importance of counselling for the wellbeing of individuals and society is being increasingly recognised. You will be introduced to the nature of counselling and learn and practice active listening skills such as reflecting, paraphrasing, summarising, and giving feedback. The course is aimed at anyone who may be considering either a career in counselling, or wanting to develop valuable helping and listening skills, as well as anyone interested in developing self-awareness.

Course description

This course is the first step to exploring what counselling is and discussing some of the skills and attitudes a counsellor needs to help someone who needs support to overcome their challenges. We will examine the range of core counselling skills including 3 core conditions and analyse how these skills can be used in a helping relationship. We will also transfer this knowledge into our own circumstances and list how we can utilise these skills in our personal and professional lives. We will then explore the career pathway to becoming a counsellor.

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