



## **Course details**

### **Course title**

Personal Development: Introduction to Counselling

### **Course code**

Q00018085

### **Course date**

Start: 01/05/25

End: 17/07/25

### **Number of classes**

12 sessions

### **Timetable**

Thu 1st May, 11:00 to 16:00

Thu 8th May, 11:00 to 16:00

Thu 15th May, 11:00 to 16:00

Thu 22nd May, 11:00 to 16:00

Thu 29th May, 11:00 to 16:00

Thu 5th Jun, 11:00 to 16:00

Thu 12th Jun, 11:00 to 16:00

Thu 19th Jun, 11:00 to 16:00

Thu 26th Jun, 11:00 to 16:00

Thu 3rd Jul, 11:00 to 16:00

Thu 10th Jul, 11:00 to 16:00

Thu 17th Jul, 11:00 to 16:00

### **Tutor**

Katie Dexter

### **Fee range**

Free to £252.00

## **How you'll learn**

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

## **Venue**

NST Hub (North Somerset Training Communi

31 Alexandra Parade

Weston-super-Mare

BS23 1QZ

## **Level of study**

Beginners

## **Course overview**

This is an introductory short course to help you begin your journey into counselling and therapeutic skills. The course will cover insightful exercises, tutor-led discussions, and reflections to build your skills and self-awareness. This course is not only for those interested in a counselling career but is also excellent for those wishing to develop skills when working in person-facing roles. You will learn about the nature of counselling and The practice of listening skills, including reflecting, paraphrasing, summarising, and giving feedback. You will also consider professionalism, especially the importance of boundaries, transference, working with diversity and difference, as well as codes and ethics.

## **Course description**

This comprehensive introductory course will provide you with the support you require to begin your journey into counselling and therapeutic skills. The course will cover insightful exercises, tutor-led discussions, and reflections to build your skills and self-awareness. This course is not only for those interested in a counselling career but is also excellent for those wishing to develop skills when working in person-facing roles. As the course progresses, you will learn about the nature of counselling and the practice of listening skills. This will include aspects such as reflecting, paraphrasing, summarising, and giving feedback to others. You will also consider other important elements of the role such as professionalism, the importance of boundaries, transference, working with diversity and difference, as well as codes and ethics. During the course you will find out about the origins and history of counselling. You will also gain a clear understanding of the ten main counselling skills required for the role of counsellor and create a 'defining moments' timeline.

## **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/other-sectors/1-may-personal-development-introduction-counselling>