

## Course details

### Course title

Personal Development: Introduction to Counselling

### Course code

Q00018585

### Course date

Start: 03/10/24

End: 11/10/24

### 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

Explore the fundamentals of counselling with our Introduction to Counselling course. Learn essential skills and techniques used in the counselling profession. Ideal for individuals considering a career in counselling or looking to enhance their interpersonal skills.

## Course description

Personal Development: Introduction to Counselling is designed to provide participants with a foundational understanding of counselling principles and practices. This course covers key concepts and techniques used in the counselling profession, including active listening, empathy, and ethical considerations. Participants will learn how to build rapport with clients, conduct effective counselling sessions, and understand the importance of confidentiality and professional boundaries. The course includes practical exercises, role-plays, and discussions that allow students to practice and refine their counselling skills. By the end of the course, participants will have a solid understanding of the counselling process and be prepared to pursue further training or apply their skills in personal and professional contexts. This course is ideal for individuals considering a career in counselling or looking to enhance their interpersonal skills for personal growth and development.

## 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/3-october-personal-development-introduction-counselling>