



Course details

Course title

Professional Development: Introduction to Counselling

Course code

Q00013098

Course date

Start: 16/01/25

End: 20/02/25

Fee range

Free to £42.00

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

Landport Community Centre (Portsmouth)

Charles Street

Portsmouth

PO1 1JD

Level of study

Beginners

Course overview

To explore the basics of counselling and the profession and discuss how skills in counselling could support interactions in the workplace. 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 10-hour face-to-face 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. A range of informal activities will be used by the tutor to see what you are learning which may include quizzes, question and answer, small projects and discussions. You will be encouraged to share your work with the group and discuss your learning

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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