



NB. This picture is for illustration purposes only

# Introduction to Counselling Skills

## What is this course about?

This course explores counselling practice and aims to develop qualities of empathy, non-judgmental understanding and unconditional positive interaction. Active listening, reflection, restating and summarising are some of the additional skills learners will be able to develop further.

## Topics include:

- What is Counselling?
- Introductions to the different types of counselling
- How to create an emotional space for therapeutic change
- Learn how to swap negative thinking habits for positive ones and support others to do the same using an emotional first aid kit

## What previous experience do I need?

No previous experience is required.

## How will I learn?

You will learn through discussion and support provided by your tutor, role-play and small group work. To enhance your learning we will provide you with an individual learning plan to enable you to record your progress and achievement. This will be yours to keep and will act as your own personal reminder between classes as well as once your course has finished.

## What materials will I need?

A notebook and pen may be useful.

*\*Advice will be given in your first session regarding any additional materials you may need*

Please see page 2

[www.warwickshire.gov.uk/adultlearning](http://www.warwickshire.gov.uk/adultlearning)



Funded by

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**Course costs**

For further information regarding fees, concessions and refunds, please see our website

[www.warwickshire.gov.uk/adultlearning](http://www.warwickshire.gov.uk/adultlearning)

Alternatively, contact your local area office for further advice.

**Payment methods**

We can accept payments by **cash, cheque** (made payable to Warwickshire County Council) **and as of September 2018 we are able to accept card payments**. In order to claim any fee concessions, please bring in proof of eligibility when enrolling.

**Attendance**

In order to get the most out of your course you will need to attend every week. If you know you are going to miss several sessions e.g. because of holiday, please talk to a member of staff before enrolling.

**Do you have an additional support need?**

There are many ways in which you can receive help with your learning.

If you feel you may need additional assistance please contact us before enrolling to discuss your requirements.

**For further information please contact:**

**01926 738978 (Leamington Spa) [aclsouth@warwickshire.gov.uk](mailto:aclsouth@warwickshire.gov.uk)**

**02476 353065 (Nuneaton) [aclnorth@warwickshire.gov.uk](mailto:aclnorth@warwickshire.gov.uk)**

**01788 552933 (Rugby) [rugbyacl@warwickshire.gov.uk](mailto:rugbyacl@warwickshire.gov.uk)**

In line with Government and Warwickshire County Council policy, Adult and Community Learning have a responsibility to raise awareness regarding safeguarding, the Prevent Strategy and Fundamental British Values. This information will be provided at your first session.