



BACP Accredited Service
Professional Training
in
Counselling

Introduction to Counselling
(a ten week part-time course)

Alma House, 52/53 High Street, Stroud, Glos. GL5 1AP

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INTRODUCTION TO COUNSELLING

This brochure describes the Introduction to Counselling course, which is a preliminary programme providing an introduction to counselling and some basic counselling skills.

This is a 10 week, part-time course for which a Certificate of Attendance will be awarded following successful completion of all requirements.

The course will also help as a preparation for further training on the Gloucestershire Counselling Service Certificate in Counselling Skills course.

Who is the course for?

This 10 week course provides you with an opportunity to explore what counselling is about and will introduce you to basic counselling skills. It will be helpful to anyone with a counselling function in their work and also for anyone interested in finding out more about counselling and developing basic communication skills to use both in your personal and professional life.

What are the aims of the course?

To acquaint you with counselling processes and experiential learning.
To introduce you to personal growth work and an understanding of its place in counselling training.
To raise awareness of what counselling is and is not, where its use is appropriate and the basic ethics and responsibilities involved.

What are the entry requirements?

No formal qualifications are required but you should be aware that the course involves experiential learning (using your experiences) and self-awareness exercises.

What learning methods will be used?

These will be experiential and will involve:
Taking some degree of personal responsibility for getting optimum value from the course.
Reflecting upon and examining attitudes and beliefs.
Opportunities to develop self-awareness through sharing experiences with other group members.
Practising and trying out new ways of relating with other group members and receiving feedback.

What topics are covered on the course?

The course consists of ten two-hour sessions and will involve:
Introducing basic theories
Introducing and practising basic counselling skills
Exploring attitudes, values and beliefs about human nature
Exploring and acquiring ways of responding through sharing ideas and feedback within the group

Course Assessment

There is no formal assessment but a minimum of 80% attendance is required for course completion. On successful completion students will be awarded a Certificate of Attendance. This course is validated by the Gloucestershire Counselling Service.

Course Information

The course is held in **Stroud** and consists of 20 hours of sessions over 10 weeks. Course dates are given on the enclosed sheet.

Completion of this course does not qualify you to practice as a counsellor.

The Staff

The course tutors are qualified and experienced counsellors which enables their teaching to be firmly based on experience.

Enrolment

To enrol on a course, please complete the application form and send it together with the **course fee of £195** to secure your place, to the address below. (An alternative payment plan may be available—please contact the Service for details).

Students taking the Introductory Course will be considered for entry to the Certificate in Counselling Skills course.

To apply for the Course, please fill in the attached Application form and send, together with your course fee of £195, to the address below. Alternatively, payment can also be made by Bank Transfer using the following details:

| | |
|-----------------|-------------------------------------|
| Account Name: | Gloucestershire Counselling Service |
| Account Number: | 65656402 |
| Sort Code: | 08-92-99 |
| Reference: | ITC |

**The Training Coordinator
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Alma House
52/53 High Street
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