

# Introduction to Counselling & Listening Skills



**BACP ACCREDITED SERVICE**  
**PROFESSIONAL TRAINING IN COUNSELLING**

The **Introduction to Listening & Counselling Skills** course provides an overview of the counselling process together with training in core listening and counselling skills. It is an introductory level programme delivered by qualified and experienced counsellors which enables their teaching to be firmly based on experience.

We offer the course in a number of formats:

- A 10 week, part-time (2 hours per week) course. We offer day time as well as evening courses.
- A one week summer course, running 10am – 3pm over 5 days.
- Intensive weekend courses suitable for anyone short on time, who cannot commit to a regular weekly session or who want an intensive training experience with a small group.

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*'I always thought I had good listening skills, but this course took me so much deeper and it made me realise how much I wanted to develop my ability to really hear people, draw them out and communicate on a deeper level. It was a challenging experience but so rewarding.'*

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## Who is the course for?

- Anyone with a counselling function in their work including health workers, teachers & teaching assistants, providers of social services & care, managers & supervisors in a team leading role and those working / volunteering in charitable and 3<sup>rd</sup> sector organisations.
- Anyone interested in finding out more about counselling as a career – it provides a 'low risk' way to explore what counselling is all about.
- Individuals who are interested in personal development, providing core communications skills to use at home and at work.

## What are the entry requirements?

There are no formal entry requirements.

## What are the aims of the course?

The course provides an introduction to experiential learning in a supportive environment and aims to:

- Familiarise you with the counselling process.
- Introduce you to personal growth work and help you understand its place in counselling training.
- Build awareness of what counselling is & is not, where it is appropriate to use and the basic ethics and responsibilities involved.

## What topics are covered on the course?

A range of topics are covered over the 10 weeks including:

- An introduction to basic theories.
- Introducing and practicing basic counselling skills.
- Exploring attitudes, values and beliefs about human nature.
- Exploring and acquiring ways of responding through sharing ideas and feedback.

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*'This course has given me an excellent introduction to counselling & really useful skills to transfer - both at home & at work.'*

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## What learning methods will be used?

The course uses experiential learning methods (drawing on your own experiences) which involves:

- Thinking about what you would like to get out of the training.
- Examining and reflecting on attitudes and beliefs.
- Developing self-awareness through sharing experiences with others.
- Practising new ways of relating to other group members and receiving feedback.

## How is the training assessed?

There is no formal assessment as part of this course but you must attend a minimum of 80% of the sessions to be awarded a Certificate of Attendance.

Note that completion of this course does not qualify you to practice as a counsellor.

## About GCS

**GCS** specialises in providing counselling and counselling training to professional standards. Established in 1980 to offer affordable, in-depth counselling to those on a limited income, all our clients are carefully and professionally assessed and allocated.

**GCS** is a unique and special place to train, operating as a community of practitioners and trainees. We offer high quality therapeutic training and development, supporting our trainees every step of the way. As the largest counselling training provider in Gloucestershire outside of the NHS, if you work in any role where people come to you for support, we offer a wide variety of training courses to help you develop the qualities of good listening and therapeutic support.

## Contact us about this training:

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