

Certificate in Counselling Skills



BACP Accredited Service

Professional Training in Counselling

The **Certificate in Counselling Skills** provides valuable core training in counselling and listening skills. This programme is designed to enhance these skills, develop ways of understanding patterns of human growth and behaviour and increase self-awareness.

It is an essential entry requirement to the Diploma in Psychodynamic Counselling (refer to the Diploma information for full admission requirements) and is also recognised as the basic entry qualification to Diploma training at other training providers throughout the UK.

At the centre of counselling and listening is an alliance between two people. This alliance or relationship forms a space in which someone can be heard and understood. The purpose of this training is to help you create this space.

What are the aims of the course?

A relationship is the foundation of all counselling, whichever approach is followed, and this course is centred around how to create and use a relationship to help someone else including:

- Learning about the importance of the working alliance and boundary setting within counselling and other helping activities
- Learning basic counselling techniques and the skills of active listening in order to facilitate the client's own problem solving and development.
- Offering opportunities for the development of self-awareness, empathy and other qualities that will facilitate your growth as active listeners and counsellors.
- Providing some basic theory to provide a framework for your practice and to learn some basic developmental theory informed by psychodynamic ideas.

How is the course delivered?

The certificate is a 1 year (30 weeks) programme delivered by qualified and experienced counsellors and group facilitators, which enables their teaching to be firmly based on experience. The weekly sessions include a 1.5 hour seminar and a 1.5 hour self-awareness group.

- The seminars and role plays are intended to help you understand and apply the fundamental skills of listening and to creating a sound working alliance.
- The self-awareness group (sometimes called an 'experiential' group) is there to help you develop self-awareness, awareness of others and to give you experience in recognising and articulating your feelings.
- In addition, participants attend one Saturday workshop each term which focus on skills development and practise.

The course places a great emphasis on reflection, giving and receiving feedback, challenges, and open and constructive dialogue.

'... an inspirational tutor. I found the sessions to be more than interesting. The learning from the fantastic journey and the role plays was hugely helpful ...'

Who is the course for?

- Anyone who is interested in pursuing a professional counselling qualification.
- 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 3rd sector organisations.
- Individuals who are interested in personal development.

What are the entry requirements?

There are no formal entry requirements.

How is the Certificate assessed?

To be awarded a certificate trainees must complete:

- Satisfactory attendance at all parts of the course (seminars, self-awareness groups and Saturday workshops). A minimum 80% attendance is required including attendance at all 3 Saturday workshops.
- Two short essays (approx. 1200 - 1800 words) at the end of the first and second terms.

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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