

Certificate in Counselling Skills

September 2019



...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?

This course is for you if you:

- Are interested in pursuing a professional counselling qualification.
- Have a counselling or listening role at work: you might be a health worker, teacher or teaching assistant, in social services or care, manager or supervisor in a team leading role.
- Are interested in personal development & developing self-awareness.

Where & when is it delivered?

Daytime Course:

GCS, Stroud: 25th September 2019 – 1st July 2020, 9.30am to 1.00pm – Wednesdays

Evening Courses:

The Isbourne Centre Cheltenham: 24th September 2019 – 30th June 2020, 6pm to 9.15pm – Tuesdays

Stroud: 25th September 2019 – 1st July 2020, 6pm to 9.30pm - Wednesdays

What are the aims of the course?

This course is centred on how to create & use a relationship to help someone else. This includes:

- Learning about the importance of the working alliance & boundary setting.
- Learning basic counselling techniques & active listening skills to facilitate the client's own problem solving & development.
- Developing self-awareness, empathy & other qualities for active listening.
- Providing basic theory to give you a framework & to learn some basic developmental theory.

What are the entry requirements?

There are no formal entry requirements.

How do I book?

Contact:

Training.Bookings@gloscounselling.org.uk

Call: 01453 766 310 or book on-line:

www.gloscounselling.org.uk

How is the course delivered?

The certificate is a one year programme delivered by qualified and experienced counsellors and group facilitators. The weekly sessions include 1½ hour seminar & a 1½ hour self-awareness group.

- The seminars and role plays help you develop and apply listening skills and create a sound working alliance.
- The self-awareness group offers an unstructured space to develop self-awareness, awareness of others and to recognise and articulate your feelings.
- Participants attend one Saturday workshop each term to develop and practice your skills.
- The course emphasises reflection, giving and receiving feedback, challenge as well as open and constructive dialogue.

How is the Certificate assessed?

To be awarded a certificate you 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 three Saturday workshops.
- Two short essays (approx. 1200 - 1800 words) at the end of the first and second terms.

What is the course fee?

The fee is £1549 and a non-refundable £200 deposit will be required.

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

About GCS

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, we offer a wide variety of training courses to help you develop the qualities of good listening and therapeutic support.

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.



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Contact us

To book or for any training enquiries contact: The Training Coordinator Tel: 01453 766310

Email: Training.Bookings@gloscounselling.org.uk

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