Certificate in Counselling Skills
Course information

GCS is a BACP Accredited Service (No.100187)

GCS is a member of the National Counselling Network
A network of counselling and training centres
Certificate in Counselling Skills
This course 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 to increase self-awareness.

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

- 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 give you 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 one 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 1½ hour seminar and a 1 ½ hour self-awareness group.

- The seminars and role plays are intended to help you understand and apply the fundamental skills of listening and to create a sound working alliance.
- The self-awareness group (sometimes called an ‘experiential’ group) offers an unstructured, open space 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 focuses on skills development and practising.

The course places a great emphasis on reflection, giving and receiving feedback, challenge as well as open and constructive dialogue.
**Who is the course for?**
This course is for you if you:

- Are interested in pursuing a professional counselling qualification.
- Have a counselling function in your work, this includes health workers, teachers & teaching assistants, providers of social services & care, managers & supervisors in a team leading role and if you are working/ volunteering in charitable and 3rd sector organisations.
- Are interested in personal development and developing self-awareness.

**What are the entry requirements?**
There are no formal entry requirements.

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...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...’

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**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.

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.

**Contact us about this training:**
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