



An Introduction to Counselling Skills

The course

This 8-week introductory course to counselling is for those who either wish to enhance their listening skills at work or for those who are interested in understanding the role of a counsellor and thinking about undertaking counselling training.

The course will provide you with a secure and first-class foundation into understanding and demonstrating counselling skills. Each session promises to be rich and interesting.

For those wanting to go on to further training you will learn important points to help you to decide whether it is the right course for you, before committing to the full-time degree.

Counselling skills

We teach the importance of the counselling relationship and will give you some insight into the main areas of counselling theory and skills. We will also help you focus on your own personal development.

We will cover practical topics including:

- how to actively listen to and communicate with others with interest;
- how to attend to the relationship when you are listening;
- paraphrasing, summarising and checking.

Theoretical topics include:

- understanding the importance of confidentiality;
- empathy, unconditional positive regard and congruence.;
- working with differences;
- ethical considerations and boundaries.

Personal development

You will learn about yourself through the course reading, through writing a personal reflective log, and also through participating in a personal development group for 45 minutes each teaching session.

The tutor

The course tutor is Ben Blunt. Ben is an experienced Matrix College Tutor and Programme Lead with a wealth of experience in supporting new entrants to the field of counselling. He is also a UKCP registered counsellor.

Cost

The course is £250. We require a deposit of £50 to secure your place.

The remaining £200 is payable either as one payment (due 27/02/2020) or in two instalments of £100 (payable 27/02/2020 and 26/03/2020).

Course Dates

Week 1	Thursday 5 th March
Week 2	Thursday 12 th March
Week 3	Thursday 19 th March
Break – 26 th March	
Week 4	Thursday 2 nd April
Week 5	Thursday 9 th April
Break – 16 th April	
Week 6	Thursday 23 rd April
Week 7	Thursday 30 th April
Week 8	Thursday 7 th May

Timing

Each session starts at 6.30pm and finishes at 9.30pm. There will be a break for refreshments (which are provided).

Venue

At our College: 6 Griffin Court, Wymondham NR18 0GU. Parking is available in Market St Car Park, a two-minute walk from the venue.

Application

Please contact Nikkita at nikkita@matrix.ac.uk for an application form. Following application, you will be invited for a 15-minute telephone interview with a senior member of the Matrix teaching team to assess your suitability for the course.

In the event of insufficient applications, we reserve the right to cancel the course and issue full refunds.

Any questions

Please ring Matrix Head of Training Fiona Paul on 01953 797160