



## **An Introduction to Counselling Skills**

### **Autumn 2021 Course**

#### **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.

#### **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. Payment for the course is due to be paid within 5 days of being offered a place.

## Course Dates

We will be running two courses this Autumn. One will run on Monday mornings and the other will run on Friday evenings. There will be 8 sessions for each course and the dates for both are below. If you apply for the course please specify which course you are applying for. Please check that you can attend all of the sessions before applying for the course.

<b>Monday Morning Course – 9.30 am to 12.30 pm</b>	
<b>Week 1</b>	1 <sup>st</sup> Nov
<b>Week 2</b>	8 <sup>th</sup> Nov
<b>Week 3</b>	15 <sup>th</sup> Nov
<b>Week 4</b>	22 <sup>nd</sup> Nov
<b>Week 5</b>	29 <sup>th</sup> Nov
<b>Week 6</b>	6 <sup>th</sup> Dec
<b>Week 7</b>	13 <sup>th</sup> Dec
<b>Week 8</b>	20 <sup>th</sup> Dec

<b>Friday Evening Course – 6.30 to 9.30 pm</b>	
<b>Week 1</b>	19 <sup>th</sup> Nov
<b>Week 2</b>	26 <sup>th</sup> Nov
<b>Week 3</b>	3 <sup>rd</sup> Dec
<b>Week 4</b>	10 <sup>th</sup> Dec
<b>Week 5</b>	17 <sup>th</sup> Dec
<b>Week 6</b>	14 <sup>th</sup> Jan
<b>Week 7</b>	21 <sup>st</sup> Jan
<b>Week 8</b>	28 <sup>th</sup> Jan

## Venue

The course will take place face to face at our College site in Wymondham, Norfolk.

## Application

Please complete the application form and return this to [admin@matrix.ac.uk](mailto:admin@matrix.ac.uk). 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.

Application deadline is **Friday 22<sup>nd</sup> October 5 pm**

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

## Any questions

Please ring Matrix on 01953 797160