An Introduction to Counselling Skills

Online on Monday evenings over 8 weeks

Starting 18th January 2027

This training offers a solid foundation in the use of counselling skills, enabling participants to listen more carefully and intentionally; a skill which is useful in many areas of life.

The Course

Our 8 week, online Introduction to Counselling Skills is for those who wish to enhance their listening skills at work or home. It is also for those who are interested in deepening their understanding of the role of a counsellor and who may be considering counselling training.

Each session offers a chance to look at some theory, to practice some counselling skills and to see yourself through a more reflective lens. We use a mixture of teaching, group exercises and skills practice in every session.

The group size is limited to 12 to ensure a good learning experience.

Counselling Skills

We will give you some insight into some areas of counselling theory and teaching you how to listen with intent.

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 difference.

Online training

As the course is online and we will be practicing counselling skills in Zoom breakout rooms it is essential that you have a private and confidential space in which to undertake the course.

Also, as you will be part of a learning group and the training is experiential in nature, it is a requirement that your video is enabled during the training.

The Tutor

The course tutor is Fiona Paul, the Principal of Matrix College. Fiona has a wealth of experience in supporting new entrants to the field of counselling. She is a UKCP Registered Integrative Psychotherapist and in addition to her work at Matrix runs a private psychotherapy practice in Wymondham.

Cost

The course is £375.00.

If you are offered a place on the course, we will require a non-refundable £100 deposit to secure your place, with the remaining balance to be paid two weeks before the course begins.

Dates & Timing

The course will run on the following dates:

Monday 18th January

Monday 25th January

Monday 1st February

Monday 8th February

Break for half term

Monday 22nd February

Monday 1st March

Monday 8th March

Monday 15th March

Each session will take place on Zoom and will start at 6pm and finish at 9pm with a short break during the evening.

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 Matrix tutor 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 on 01953 797160