

Course Information Sheet

Counselling Introduction

DP14E13A



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| Venue 📍 Tothill Community Centre | Start Date | 4 Nov 2024 18:00 |
| | End Date | 2 Dec 2024 20:00 |
| | Fee | No Fee |
| | Materials | £0 |

[OCSW DP14E13A Counselling Introduction \(oncoursesouthwest.co.uk\)](https://oncoursesouthwest.co.uk)

Course Description:

Gain a foundational understanding of counselling principles and techniques with our Counselling Introduction course, spread across 5 engaging sessions.

Our Counselling Introduction course provides a comprehensive overview of the essential skills and knowledge required for effective counselling. Designed for individuals interested in exploring the field of counselling, this course covers key topics such as active listening, empathy, and ethical considerations. Delivered over five interactive sessions, learners will gain practical experience and insight into the counselling process, preparing them for further studies or career development in the field of mental health and support services.

What will I learn?

Introduction to Counselling

- Overview of counselling and its purposes
- Role and responsibilities of a counsellor
- Establishing a counselling environment

Communication Skills

- Fundamentals of active listening
- Non-verbal communication techniques
- Building rapport and trust

Understanding Emotions

- Identifying and expressing emotions
- Developing empathy
- Managing emotional responses in counselling

Ethical and Professional Issues

- Understanding ethical frameworks
- Confidentiality and professional boundaries

- Self-care for counsellors

Practical Application

- Case studies and real-life scenarios
- Reflective practice and feedback

Who should join this course?

This course is suitable for anyone interested in developing foundational counselling skills, enhancing their interpersonal communication, or exploring a career in counselling.

Entry Requirements:

There are no entry requirements for this course.

Progression Opportunities:

Certificate in Counselling Skills L2

- Level 3 Certificate in Counselling Studies
- Higher education qualifications in counselling and psychotherapy

How do I enrol?

To apply for this course online at www.oncoursesouthwest.co.uk and simply click on the 'How to Enrol' button and complete the Enrolment Form and one of our customer service team will be in touch or call to speak to one of our friendly Learning Advisors on 01752 660713.

How will the course be delivered?

You will be working with your tutor and other learners face to face.

Will I need to practise outside the classroom?

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

How will I know I'm making progress?

Your tutor will set objectives for the session and give feedback on how you are progressing. You will agree personal targets as part of your Individual Learning Plan (ILP), and you will review your targets and the start and end of the session.

What will I need?

Please bring a notepad and pen.

Please note:

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.onsouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

