

## **Introduction to Counselling**

This course introduces the candidate to counselling concepts, and to the ethos and methodology of counselling. Candidates will have acquired knowledge and understanding of the profession of therapeutic counselling and will also have gained some knowledge and understanding of its basic counselling skills.

Candidates will become familiar with knowledge of terms and definitions taken from The British Association for Counselling and Psychotherapy's *Ethical Framework for Good Practice in Counselling and Psychotherapy*. Therefore, it is recommended that all candidates become familiar with this document (Your tutor will give you information on how to obtain this document).

On completion of the course, the candidates will:

- have gained insight into cognitive counselling and its ethos;
- understand and use some basic counselling skills.

Objectives (Learning Outcomes)

### **On completion of this course candidates will:**

- know the difference between counselling and Counselling Skills;
- know the role of professional standards-setting organisations in counselling, e.g. British Association for Counselling and Psychotherapy ( BACP);
- have studied BACP's *Ethical Framework for Good Practice in Counselling and Psychotherapy*;
- know the core qualities needed for the ethical use of counselling skills;
- know counsellors' basic values;

- be able to define basic counselling skills;
- show some understanding of the counselling skills, and how they might be applied safely and empathetically;
- be able to use the basic counselling skills identified in the subject content for the course in simulated role-play exercises;
- show understanding of boundaries and confidentiality;
- Show understanding of personal limitations and the importance of referral.

### **Subject Content: Generic Counselling Skills**

- Basic values, ethical frameworks and core qualities for counsellors.
- Confidentiality limits and boundaries.
- Counselling skills of:
  - Active Listening;
  - Attention Giving;
  - Open and closed questioning;
  - Paraphrasing;
  - Observing;
  - Reflecting;
  - Relationship building with empathy, respect and
  - Genuineness;
  - Summarising.
- The purpose of Referral.
- Constructive feedback.

### **Assessment**

Candidates will be assessed by learning journal. Each candidate will write a journal for each evening of their training of no more than one page covering theory, skills and self reflection. In addition, candidates will participate in an informal role plays of 15 minutes each evening in the following roles:

- Listener or Helper (Counsellor)
- Observer
- Talker (Client).