

JMC Introduction to Counselling (4 Weeks, from 6-10pm)

The Introduction to Counselling will provide candidates with insights into counselling premises and foundations, involving definitions, basic understanding and initial identification of some counselling skills. The application of these skills and their development will then become part of the next stage of the counselling programme, that is, the Aim Awards Level 3 Certificate in Theory and subsequently the professional Level 4 Diploma in Counselling Practice.

Knowledge of basic counselling skills and the ability to apply them is of proven value to people from many personal and employment related walks of life. Employers and voluntary organisations have chosen to incorporate the Introduction to Counselling into staff development training programmes to good effect. In addition, social workers, those training within a health and social care sector, or indeed anyone who works within their communities will gain considerably as a direct result from learning new counselling skills.

This course will add value to the training and may also provide an incentive for staff to attend training. The Introduction to Counselling course has, previously been used by large organisations such as: local authorities, health authorities and voluntary support organisations to underpin their worker development programmes and training courses. Further and Adult Education Institutes have successfully used Introduction to Counselling courses to attract mature candidates back into the learning system, in addition to providing a pathway for progression to a nationally

recognised awards. The short-course format is an attractive and unthreatening icebreaker. It also contributes to the national provision by increasing knowledge of counselling concepts and enthusing candidates to move on to the next stage of training. This impacts on further adult education training as well as personal and professional development in the workplace. The Introduction to Counselling is entirely focused on defining and beginning to understand Counselling Skills within the confines of a strict code of ethics and practice; for example, The British Association for Counselling and Psychotherapy's (BACP) Ethical Framework for Good Practice in Counselling and Psychotherapy), or the National Counselling Society (NCS) respectively.

The purpose of the training is:

- 1.** To give candidates a taste of counselling; its concepts and methods;
- 2.** To provide the candidate with an introduction to basic counselling skills, and the beginnings of an understanding of counselling practices and their ethics.
- 3.** That candidates will learn to identify basic counselling skills.
- 4.** That candidates will either: learn some basic underpinning theory of counselling, or learn how basic counselling skills are applied to a defined situation.

What the Student will learn:

- Differentiate between counselling, counselling skills and other helping activities
- Identify codes of frameworks that govern the practice or conduct of a profession
- Describe the importance of a framework or code in counselling
- Identify core qualities that enable competent counselling or use of counselling skills
- Describe core personal qualities that are important when counselling or using counselling skills
- Identify basic counselling skills
- Describe basic counselling skills
- Demonstrate basic counselling skills
- Demonstrate receiving constructive feedback
- Demonstrate giving constructive feedback
- Describe the importance of confidentiality in counselling
- Identify the limits to confidentiality

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Web: www.jmccounsellingandtraining.co.uk

Email: jmccounsellingandtraining.co.uk

Please Note: This is a non-accredited accredited course designed to allow the learner to engage in the learning process a non-threatening and comfortable environment.

JMC Counselling has acknowledged that many individuals wishing to participate and those who may wish to re-enter into education as a mature adult, may have certain fears around doing so. We can guarantee a smooth and comfortable experience, and have no doubt apart from learning many new skills, learners will thoroughly enjoy their training and completion will mean you may wish to progress to the next stage of your training.

So, if you are interested in participating in this training, simply complete your application form, and send this to us with your fee. Fees have been reduced from £195.00 to **just £95.00** as a special introductory offer.

We look forward to perhaps hearing from you soon!