



## **PORTSMOUTH COUNSELLING SERVICE**

The Wesley Centre, 128 Fratton Road, Portsmouth, PO1 5DD

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Charity No. 1124104

### **Basic Counselling Skills Course**

#### ***Who is the course aimed at?***

Anyone who is interested in living life more fully through improving confidence, self esteem, and relationships with others. If you work in a helping profession the course will give you a set of skills to transform the way you can support others. It will also provide you with an opportunity to decide if you want to study further and become a qualified counsellor.

#### ***Who is eligible to enrol?***

You will need to speak, write and understand English clearly.

You will need to be from a black or minority ethnic community, or unemployed or disabled.

The course is free if you meet the above criteria.

If you do not meet these criteria then there may be some fee paying places available but please ask for details.

#### ***What will the course cover?***

The course will have a person-centred theoretical foundation, and cover the following areas:

What is counselling	Listening skills	Asking questions
Reflecting/paraphrasing/summarising	Empathy	Feelings Values
Ethics and responsibilities	Giving and receiving feedback	
Person-centred theory	Tasters on other counselling theories	
Cross cultural awareness	Personal development	Group work

### ***How will it be taught?***

The course will be taught using exercises, examples, art, group work, skills practice and folders and handouts will be provided. You are encouraged to keep your own course notes and a personal development journal to facilitate your learning process. You will also be required to use your skills in the wider community and we can provide opportunities for this.

### ***When and where does the course run?***

The course provides 126 hours of teaching.

It starts on **TBA in Sept, 5.30-9pm**, and runs each Tuesday evening until the end of May with breaks for Christmas and Easter. There are also 4 additional workshop days which will run on a Saturday.

The course is held at The Wesley Centre, 128 Fratton Road, Portsmouth, PO1 5DD

### ***What kind of certificate will I get at the end of the course?***

- To achieve a certificate of attendance you need to attend 80% of the course.
- To achieve a certificate that is equivalent to NCFE Level 3, and which therefore enables you to apply for entry to a counselling Diploma course, you will need 80% attendance and to pass course assignments. The course is run in a way that recognises that you are on your own personal journey and you can decide if you wish to qualify for this certificate.

### ***Who are the tutors?***

There are four tutors all of whom are trained, experienced counsellors and proficient in their teaching field.

### ***How do I enrol?***

Enrolment Evening is on **TBA in Sept, 5.30-8.30pm** at The Wesley Centre, 128 Fratton Road, Portsmouth, PO1 5DD. You will need to attend for the whole evening programme:

5.30-6pm	Tea/Coffee/Meet the course team
6-6.30pm	Presentation on what the course involves
6.30-6.45pm	Questions
6.45-8.30pm	Enrolment – which involves completing an application form if you have not already done so and having a short interview with a member of the course team.

You will be notified if you have a place within a few days of the enrolment evening.

### ***Any questions?***

If you have any questions then please contact Linda Shaw, Project Manager Cross Cultural Counselling Project, at Portsmouth Counselling Service.