

How much does the course cost?

Course fee: £260 per person.

The fee can be paid in one lump sum or in three instalments. Payments may be made by electronic bank transfer or cheque (made payable to "Network Counselling & Training Ltd").

If the cost is a prohibitive factor for you, please contact the Head of Training (training@network.org.uk) to enquire about grants available.

Cancellation policy: *If a confirmed booking is cancelled up to 14 days prior to the start of the course a refund of the full amount (minus deposit of £25) will be made. After 14 days prior to the start of the course the full fee remains payable. If the course is cancelled by Network at any point, all fees will be refunded.*

How do I book?

Please send your completed application form to the Training Co-ordinator by email to: training@network.org.uk

Once your application has been accepted, a place will be held provisionally for you and we will send you details about how to pay. Your place will be secured and confirmed on receipt of payment.

About Network Counselling and Training

Network Training offers another introductory course, 'Being There', which is an introduction to listening and counselling skill. It can also be delivered to outside organisations, in a flexible workshop format to meet their specific needs.

Network also offers a one-year part-time Advanced Certificate in Counselling Skills (quality-checked by The National Counselling Society) and a two-year part-time Advanced Diploma in Counselling (accredited by the British Association for Counselling and Psychotherapy).

In addition, Network offers a full programme of Continuing Professional Development for counsellors and other professionals, in the form of short courses and workshops on a range of specialist topics.

Network has been established as a counselling and training agency for 30 years, offering affordable counselling for all.

For further information about Network please visit our website – www.network.org.uk

A Way of Being

An Introduction to Person-Centred Counselling



network
counselling and training

A 12-week part-time course

Wednesdays 6.30pm - 9.30pm

6th Jan to 31st Mar 2021

(half term break 16th Feb)

Network Training, Elm Park,
Filton, Bristol BS34 7PS
Telephone: (0117) 9507271
E-mail: training@network.org.uk
www.network.org.uk

‘A Way of Being’

An Introduction to Person-Centred Counselling

The person-centred approach to counselling trusts that it is the client who knows themselves best and that the counsellor’s task is not to advise or guide the client but rather to enable the client to make contact with their own inner world and so find their own solutions to their problems.

Person-centred counselling skills can help us improve our personal and professional relationships through developing our ability to listen and respond to others effectively, and through increasing our self-awareness.

About the course

Based largely on the work of Carl Rogers (the founder of person-centred counselling), this course will introduce you to the key aspects of the person-centred approach, including the conditions necessary for therapeutic change, the actualising tendency, the significance of the counselling relationship and the importance of self-awareness.

We explore what it means to be non-directive and introduce you to a range of person-centred counselling skills. We also look at the importance of counselling ethics in shaping our practice, including issues relating to working with difference. And finally, we touch on the spiritual dimension of person-centred counselling as well as the necessity for self-care as a counsellor.

Who is the course for?

The course is open to anyone who has an interest in working with people and in finding out about the theory and practice of person-centred counselling. You do not need any previous experience of using listening or counselling skills.

If you are interested in training as a counsellor, this course acts as a suitable introductory level course which will enable you to progress on to Advanced Certificate level counselling training. Please see our website for information about the Advanced Network Certificate in Counselling Skills course.

What form will the sessions take?

The course runs over 12 evenings, from 6.30 to 9.30pm, and is held at Network’s premises at Elm Park, Filton. ***(Please note: Due to current public health restrictions, this particular course will be delivered remotely via Zoom. Course materials will all be available online.)*** You will have the opportunity to:

- Increase your understanding of person-centred counselling theory through weekly seminars and discussions.
- Practise and develop a range of person-centred counselling skills in small experiential groups.
- Expand your self-awareness, not only through the course as a whole but also through working on short exercises designed to gently extend and challenge your self-understanding and self-acceptance.

What additional work will I be asked to do?

You are asked to keep a personal learning journal throughout the course in order to encourage you to reflect on your learning experiences. You are also required to do a small amount of preparatory reading before each session.

In addition, you have the opportunity to complete three short written assignments – an essay and a personal development profile (both 1,000 words) and a brief self-assessment of your counselling skills. You may choose not to complete the written work, in which case you will be awarded an Attendance Certificate instead of the full Course Certificate.

Please note:

As part of the counselling course training, as well as learning counselling skills and theory you will be invited to reflect upon your own life. This can feel personal and revealing. We are looking for you to be reasonably emotionally robust. We suggest you consider the impact that significant life experiences (such as a close personal bereavement, mental health issues, personal illness or recovering from addiction) have had on your life, and how these may impact you whilst on a counselling/listening course. If necessary, we encourage you to join the training when time to rebalance has passed and you feel ready for the course.