



An Introduction to Counselling Skills

The Course

This 8 week introductory course to counselling is for those who either wish to enhance their listening skills at work or for those who are interested in understanding the role of a counsellor and thinking about undertaking counselling training.

The course will provide you with a secure and first-class foundation into understanding and demonstrating counselling skills. Each session promises to be rich and interesting.

For those wanting to go on to further training you will learn important points to help you to decide whether it is the right course for you, before committing to the full-time degree.

Counselling Skills

We teach the importance of the counselling relationship and will give you some insight into the main areas of counselling theory and skills.

We will cover practical topics including:

- how to actively listen to and communicate with others with interest;
- how to attend to the relationship when you are listening;
- paraphrasing, summarising and checking.

Theoretical topics include:

- understanding the importance of confidentiality;
- empathy, unconditional positive regard and congruence;
- working with differences;

The Tutor

The course tutor is Fiona Paul. Fiona is the Principal at Matrix College with a wealth of experience in supporting new entrants to the field of counselling. She is a UKCP Registered Psychotherapeutic Counsellor working in private practice in Norwich.

Cost

The course is £450.00.

If you are offered a place on the course, we will require a non-refundable £100 deposit to secure your place, with the remaining balance to be paid before the course begins.

Dates & Timing

The course will run on the following dates:

Tuesday 14th April

Tuesday 21st April

Tuesday 28th April

Tuesday 5th May

Tuesday 12th May

Tuesday 19th May

Tuesday 26th May **Break for half term**

Tuesday 2nd June

Tuesday 9th June

Each session starts at 6pm and finishes at 9pm, with a short break for refreshments.

Venue

At Matrix College: 6 Griffin Court, Wymondham NR18 0GU. Parking is available in Market St Car Park, a two-minute walk from the venue.

Application

Please contact Nikkita at nikkita@matrix.ac.uk for an application form. Following application, you will be invited for a 15-minute telephone interview with the tutor to assess your suitability for the course. In the event of insufficient applications, we reserve the right to cancel the course and issue full refunds.

Any questions

Please ring Matrix on 01953 797160