

**HIGHGATE COUNSELLING CENTRE
CERTIFICATE IN COUNSELLING SKILLS
SEPTEMBER 2019 - JULY 2020**

Aims and Objectives:

Aims:

- to provide participants with a sound knowledge and understanding of basic counselling skills;
- to provide participants with opportunities to practise these skills;
- to impart knowledge about basic human development theory;
- to examine and work within the 'BACP Ethical Framework for the Counselling Professions';
- to work with issues of diversity;
- to provide a safe space for personal exploration and development;
- to provide opportunities for professional feedback.

Objectives:

- to develop an understanding of what counselling is and how it differs from other sorts of help and communication;
- to introduce and practise a range of counselling skills, e.g. active listening, mirroring, use of reflecting and paraphrasing skills, adopting a non-judgemental and empathic approach;
- to learn about basic human development theory;
- to recognise, understand and work with different forms of communication, e.g. verbal, non-verbal, use of body language, unconscious, etc.;
- to understand and apply professional counselling boundaries and a therapeutic frame to the work;
- to appreciate the relevance and importance of working within a professionally recognised, ethical framework, i.e. the BACP Ethical Framework for the Counselling Professions;
- to explore issues of diversity and to work with difference;
- to provide a safe space for self-exploration and self-development;
- to practise what is learnt through role plays and experiential group work activities;
- to provide a range of opportunities for professional feedback;
- to explore the possibility of training as a psychodynamic counsellor with Highgate Counselling Centre;
- to examine further training opportunities and routes for progression.