



Our 'Introduction to Counselling' course, introduces you to some of the key skills required to develop and maintain a helping relationship and considers the differences between 'helping' and 'counselling'.

The training provides opportunities for you to reflect upon your own interest in counselling, to explore how you may apply theory and skills to your own personal and professional roles, and to consider progression routes into further training. You are invited to take part in skills-building exercises where you learn through practice, self-reflection and feedback from others. Key counselling issues are explored and group activities provided. The course is taught via academic and experiential learning.

This 20-hour course is designed for those who have no previous knowledge or experience of counselling. It will suit those who have a general interest in therapeutic practice, those considering further study and training in this field, or those wishing to improve their interpersonal skills.

The fee for the course is £250, which runs on 4 consecutive Saturdays (on-line), from 10am to 4pm on 17th April 2021, 24th April 2021, 1st May 2021 and 8th May 2021. Students completing this course may wish to progress to our Certificate in Counselling Skills, a one-year course, starting in September 2021.

For further information and booking, please contact Ruth Fitzgerald at Highgate Counselling Centre. Email: [ruth.fitzgerald@highgatecounselling.org.uk](mailto:ruth.fitzgerald@highgatecounselling.org.uk). Tel: 0208 883 5427.

The course may also be of interest to those who wish to acquire new skills to develop their work potential.