



Are you interested in developing your listening and responding skills? Do you want to learn more about counselling and how it works? Are you interested in starting a career as a counsellor?

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 and may have an interest in training in counselling, those who wish to acquire new skills to develop their work potential and for those who may already use counselling skills in their work, either paid or voluntary. The training will enable individuals to use counselling and helping skills in a variety of settings.

The fee for the course is £250, which runs on 4 consecutive Saturdays (on-line), from 10am to 4pm on 5th February 2022, 12th February 2022, 19th February 2022 and 25th February 2022. Students completing this course may wish to progress to our Certificate in Counselling Skills, a one-year course, starting in September 2021.

This course is delivered exclusively on-line using the Zoom platform. The training remains highly interactive and experiential.

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