



**CERTIFICATE IN COUNSELLING SKILLS
SEPTEMBER 2023-JUNE 2024**

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 learn about a range of different counselling models.
- To introduce the British Association for Counselling and Psychotherapy (BACP) Ethical Framework for the Counselling Professions (2018). *
- 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 helping skills and other supporting roles.
- 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 recognise, understand and work with different forms of communication, e.g., verbal, non-verbal, use of body language, unconscious, etc.
- To explore some of the key contributors informing basic human development theory.
- To explore a range of different counselling models.
- 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 (2018). *
- 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 understand the need for professional supervision.
- To explore the possibility of training as a psychodynamic counsellor with Highgate Counselling Centre.
- To examine further training opportunities and routes for progression.

*** Reference:**

BACP. (2018) *Ethical Framework for The Counselling Professions*.

Available at: <https://www.bacp.co.uk/events-and-resources/ethics-and-standards/ethical-framework-for-the-counselling-professions/>

[Accessed 1 December 2023]