

## Training Open Day: Certificate in Counselling Skills

Saturday 24 February 2024 | 2-5pm

We will be holding an open day for our Certificate in Counselling Skills course on Saturday, 24th February 2024, from 2pm-5pm at North Bank, Muswell Hill Methodist Church, 28 Pages Lane, London N10 1PP (click [here](#) for the location).

### About the Certificate in Counselling Skills

This is a part-time course, providing 120 guided learning hours. The course is held on Tuesday evenings from 7pm to 10pm. Some Saturday workshops also form part of the training - these are half day workshops.

We deliver a face-to-face training and an online training (via Zoom), which follow the same curriculum. Successful completion of this course, or an equivalent, is a requirement for entry onto our Diploma in Psychodynamic Counselling, which is accredited by the BACP.

The Certificate course is delivered in 3 modules across 3 terms of 10 weeks duration, each including the following elements:

- theory lectures and discussion
- personal/professional development activities
- skills practice sessions.

Broadly, the content is as follows:

- **Module 1** focuses on developing your understanding of counselling including What is counselling? How does counselling differ to other forms of helping? Some of the key skills required to become a counsellor.
- **Module 2** provides an overview of some of the key contributors in the field of basic human development, including Maslow, Erikson and Freud.
- **Module 3** provides an overview of some mainstream therapy models including Psychodynamic, Gestalt, Transactional Analysis, CBT, Intercultural and Attachment theory. Clinical supervision is also covered.
- **Saturday workshops** include an overview of the BACP Ethical Framework for the Counselling Professions (2018), further exploration of the psychodynamic model, exploring difference and diversity, working with gender and sexuality, process groups.

**Next intake:** September 2024, ends July 2025.

**Course fee:** £2,350.00

The fee to attend the Certificate open day is £15.

### How to book

To reserve your place on the Open Day, please email [training@highgatecounselling.org.uk](mailto:training@highgatecounselling.org.uk). We will then send you an invoice for £15, and once this is paid your place will be confirmed.

Once you have received the invoice, you can either pay online using the link provided, or you can call the office on 020 8883 5427 to make a card payment, quoting the invoice number.