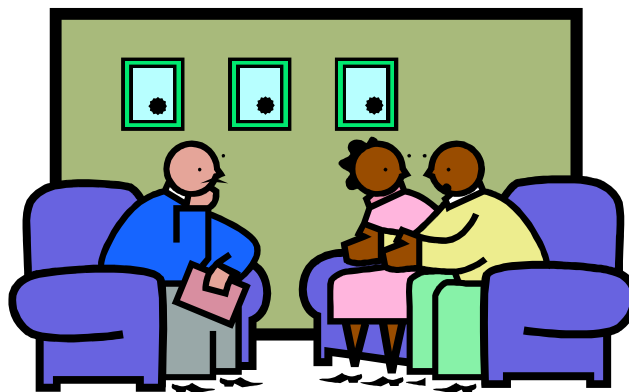


Bottisham Village College

Adult and Community Learning

Introduction to Counselling

If you are considering training to be a counsellor, or would like to improve your listening and communication skills in everyday life, this course is for you



Tuesdays, 19.00 - 21.00 pm

Commencing 21st February 2012

£130 for a 10 week course

(please note there will be no classes on 3rd and 10th April)

Tutor: Mike Nicholson

This course of 20 hours considers the concept of counselling, what makes a counsellor and what attitudes and values are required. It introduces the basic counselling skills of active listening, responding, questioning and summarising and an understanding of non-verbal communication. It also explores the importance of confidentiality within a counselling context, and sets out a counselling framework, leading to an understanding of the various stages of a counselling relationships.

An element of personal work is included in the course to enable participants to:

- * Develop their self awareness
- * Explore their strengths and weakness and how these affect their relationships
- * Identify their own attitudes and values
- * Understand the need for setting personal boundaries
- * Evaluate their own performance and set personal goals

This course is designed as a 'taster' for anyone considering pursuing further counselling training and meets the pre-entry requirement for the Certificate in Adlerian Counselling (next intake September 2012).

It will also be of interest to those wishing to extend their listening and communication skills in everyday life.

The course is accredited by the Open College Network (OCN) and successful candidates will be awarded 3 Credits at Level 2. The exam fee of £25 is included in the course fee.

The subject areas are covered by tutor input, group discussion, working in pairs and experiential work. Approximately one hour of home study is expected per week. Students are assessed by tutor observation and students' personal statements. 80% attendance on the course is required. The qualification is gained by submission of a portfolio for internal verification by OCN approved staff.

Whilst there are no formal entry requirements a good level of literacy is required. The group size will be limited to 16 students.

You will need to bring a pen and paper.

The tutor is Mike Nicolson MA, Dip in Counselling Skills and Theory

How to enrol on this course:

Enrolment forms can be downloaded from our website: www.bottishamvc.org/commed and returned to the Community Office with your course fee. Alternatively, please ring or email the Community Office. A place will be reserved for you once your completed enrolment form and payment have been received. Cheques should be made payable to **Bottisham Village College**. Credit and Debit card details can be given on the enrolment form. Concessionary fees are available if you are in receipt of a Means Tested Benefit (JSA and ESA only).

Unless you are informed that the course is full or cancelled, you should attend the first session.

Refunds will only be given if the course is cancelled or if you withdraw due to ill health; in this case evidence is required. If a class is cancelled due to circumstances beyond our control, extra classes will be added at the end of the course. Please note that the office will not be manned during the school holidays.

**Community Education,
Bottisham Village College,
Lode Road, Bottisham, Cambridge CB25 9DL
Tel: 01223 811372
Email: commed@bottishamvc.org**