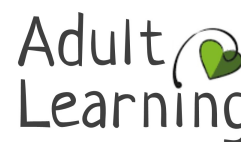


Adult Learning - Course Information Sheet



SZH3DA05 - Counselling Skills

Chester House Estate

Claudius Way
Wellingborough

NN8 2DH

Room Conference Room 1

Start Date: 08 March 2023
End Date: 26 April 2023
Start Time: 2:00PM
End Time: 5:00PM
Day: Wednesday
Sessions: 6
Tutor: Miss Helen McHugh

Course aim

To provide you with a general introduction to counselling skills, to help develop your listening and responding skills to support others.

Course outcomes

- 1) Demonstrate an ability to listen effectively and respond appropriately through implementation of basic counselling skills and techniques
- 2) Identify what counselling entails and reasons why counselling is needed
- 3) Identify and use basic counselling skills
- 4) Participate in discussions, pairs / small group work and role play with other group members

How will the course be taught?

Through a combination of group discussion, exercises, tutor presentation, group work and role plays.

What do I need to bring / have ready?

Pen, A4 pad, ring binder folder and plastic wallets.

Further support and progression

If you need help whilst on a course with us, our Learner Support Advisor is available to discuss your needs. We offer a range of services, subject to eligibility, which can include practical support and/or financial assistance to ensure you feel fully supported while learning with us. For more information contact alsreferrals@northnorthants.gov.uk or call 01604 368023 (answerphone available). Visit our website www.northamptonshire.gov.uk/course-info for further information about our fees and concessions. Your tutor will inform you of further learning opportunities and progression during your course.

Health and Safety / Online Safety

Your tutor will give you information about Health and Safety on the first session. For information on how to keep safe online, go to https://safety.lovetoknow.com/Internet_Safety_Adult and <https://takefive-stopfraud.org.uk/> national awareness campaign. To report suspected scams, or for information on preventing scams, call the Citizens Advice on 03454 04 05 06.

Further information

Please note though that some of the exercises may require students to share personal material (only when comfortable to).

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to <https://nationalcareersservice.direct.gov.uk/>

