

STRODE'S COLLEGE ~ ADULT LEARNING COURSE INFORMATION SHEET

**COURSE TITLE:**

Introduction to Counselling

DURATION:

10 sessions

ABOUT THE COURSE:

If you think you might want to become a counsellor, have an academic interest in counselling, or are just curious to know more about it, this course will be a helpful introduction. It will also benefit anyone using listening skills in other roles, who wishes to develop them further.

The course will give an overview of counselling and provide experiences which give an insight into what it is like to be part of the counselling process.

ENTRY REQUIREMENTS:

Interview or course specific application required? **Yes / No**

Prior knowledge / experience: No prior knowledge of counselling, but a concern for & interest in people and a willingness to learn as much about yourself as about others.

STUDY AND ASSESSMENT:

The course consists of ten weekly two hour sessions, with a short break in the middle, which will include a range of activities, including presentation and discussion of theory; self-awareness & development; acquisition of basic listening and counselling skills.

To maximise the benefit of the course you will be encouraged to keep a reflective journal. There will be recommended reading each week from "First Steps in Counselling, a Students' Companion for Introductory Courses", by Pete Sanders, 4th edition, PCCS Books June 2011. Approximate price: £17.50.

This will expand on ideas and activities in the course, and provide a bridge to any further training you may decide to do.

PROGRESSION OPPORTUNITIES:

You may wish to develop your knowledge and skills further or to acquire a professional qualification to enable you to practise as a counsellor; this requires qualification to at least diploma level. The various options will be discussed on the course. Strode's offer the Level 2 & 3 Certificate in Counselling Skills.

PRE COURSE PREPARATION:

none

FINANCE:

- Fee remission available? ~~Yes (subject to status)~~ / **No**
- 19+ Advanced Learning Loan Available? ~~Yes~~ / **No**
- Bursary Support Available? ~~Yes (which)~~ / **No**

TUITION FEES:

Please call 01784 228676 or 01784 228677 for the course fee.

Or contact adulthoodeducation@strodes.ac.uk

Contact us on 01784 228676 or 228677 to enrol,
or email adulthoodeducation@strodes.ac.uk

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ANY OTHER COSTS TO BE MET BY THE STUDENT:

Please obtain the book for the 2nd week of the course (once confirmed to start), and whatever you need in order to keep your journal and to make notes in sessions.

ADDITIONAL INFORMATION :

The College has computers and quiet study areas which can be used by Adult Learning students after 4.30pm, and the Literary Institute has some daytime availability. Please contact the Adult Learning Team to book. The Learning Resource Centre is available by prior appointment during the day and has a wide range of books and other resources. Students must book via the Adult Learning reception & a student badge will be required.