

C3129084 Introduction to Counselling Skills

On this course we will explore what it means to work as a Counsellor. We will also view the role from the perspective of someone who seeks counselling. You will have the opportunity to participate in the practical techniques taught: active listening, increasing self-awareness and reflection skills. These are useful whether you are interested in this field of work, or as a support for everyday life.

Date/time:
18th May 2022-15th June 2022
09:30-11:00 (Wednesday)

Online course

Enrol by phone: 0300 303 3464, use C3129084
Enrol online:
<https://enrolonline.wea.org.uk/Online/2021/CourseInfo.aspx?r=C3129084>

Level 1 Stress Awareness (Accredited)

On this course you will learn about the causes of stress and the effects it can have on health. You will also learn to recognise the signs and symptoms of stress and look at ways of preventing or reducing it.

Date/time:
22nd June 2022- 20th July 2022
09:30am-2:30pm (Wednesday)

Online course

Enrol by phone: 0300 303 3464, use C3129198
Enrol online:
<https://enrolonline.wea.org.uk/Online/2021/CourseInfo.aspx?r=C3129198>

If you would like to join this course the first step is to register for an initial assessment, use the reference C3129198. You will be transferred to the level 1 course following a successful initial assessment.

Level 2 Certificate in Counselling Skills (Accredited)

Learners who have successfully completed these courses will have the opportunity to progress onto this level 2 course. This course is for anyone who wants to develop counselling skills and progress towards further counselling qualifications. You will look at different counselling theories and techniques, explore the importance of diversity and ethics in counselling and look at how it will support personal development.

If you would like to join this course the first step is to register for an initial assessment, use the reference C3129190.

Enrol by phone: 0300 303 3464, use C3129190
Enrol online:
<https://enrolonline.wea.org.uk/Online/2021/CourseInfo.aspx?r=C3129190>

This online course will start in September. Days and times to be arranged.

If you have any questions please contact
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Lisa: 07500 099600, lhavard@wea.org.uk

Our courses are free if you are on means tested benefits.

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