

Who is this course for?

This is the entry level course in the suite of Counsellor training courses and is the first steps required for those wishing to pursue Level 3 training and above.

It is equally suitable for those who wish to develop their listening and responding skills as well as their awareness of counselling and mental health. The course can be hugely beneficial for those involved in supportive, helping, pastoral and caring roles in their community, church and / or workplace.

What qualifications are needed, and how do I apply?

- There are no specific academic qualifications required for entry onto this course, although some people may have completed a Level 1 Counselling Course
- Full completion of the course application form (available on request)

Upon formally being offered a place on the course, offers are required to be accepted in writing within 7 days along with full payment of the course fee.

Further training to Level 3 and beyond

Following successful completing this course, students will be eligible to apply to undertake further training on the Level 3 Course in Integrative Counselling and then our CPCAB accredited Level 4 Diploma in Therapeutic Counselling.

For application form and further information please contact:

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Charity No: 1037677



LEVEL 2 COURSE INTRODUCTION TO PASTORAL COUNSELLING

30TH SEPTEMBER 2019 – 9TH DECEMBER 2019

Monday Evenings 6.30 pm - 9.30 pm (Term-time)
plus 3x Saturday Workshops

Cost £360

Excluding course books and 1x Saturday workshop

Venue:

The Willows Centre
11 Prospect Place
Old Town, Swindon SN1 3LQ



Why train with Willows?

- We have 30 years' experience of providing high quality counselling training and are well respected in our field.
- We believe that our approach to training sets us apart from other course providers. We are truly committed to the personal, professional and emotional development of our students and to nurturing their unique qualities and attributes.
- As an active Counselling Agency, we offer a unique training experience where students are exposed to the workings of an agency and the end goal of qualifying as a Counsellor is always in sight.
- In addition to a key focus on the main 3 theoretical models, our Extended Level 3 course gives greater insight into additional models, frameworks and theories which enhance and inform counselling practice and therapeutic healing.
- Our Level 3 and Level 4 Diploma students are eligible to apply for an NUS Totum student discount card.

Willows Counselling and Training Approach

The Willows approach to counselling and training is an Integrative Model, which is client centred and can be described as:

- Person-centred
- Drawing on psychodynamic insights
- Using both cognitive-behavioural and creative methods
- Recognising a transpersonal world-view that is Christian
- Is informed by developmental theory
- Holds a holistic view of human functioning

Course Content

There are three main elements to the Willows Level 2 course:
Theoretical teaching, counselling skills and self-awareness.

- Week 1 – The Helping Relationship
- Week 2 – Being there as the Helper
- Week 3 – Listening and Responding Skills
- Week 4 – Theoretical Models of Counselling
- Week 5 – 'The Skilled Helper' – Egan's Problem Solving Model
- Week 6 – Grief and Loss
- Week 7 – Using Creative Tools in the Helping Process
- Week 8 – Ethics and Good Practice
- Week 9 – Difference & Diversity including the place of Faith
- Week 10 – Transitions and Endings

- 1st Saturday – Self-Awareness
- 2nd Saturday – Attachment and Developmental Theory
- 3rd Saturday – Workshop of your choice

What does the course involve?

- Attending the training session each week
- Attending 3x Saturday training days
- Maintaining a reflective journal of progress and self-awareness
- Reading **one** of the books from the required reading list
- Completion of a 1000 word book review
- Completion of a 1000 word Personal Learning assignment
- Completion of a portfolio of written work including 'criteria' questions to show your understanding of the theoretical and practical elements of the course

**The course will include self-awareness exercises and encourage students to become more self-aware.*