



Warwickshire Counselling Centre Trading as

**Sycamore Counselling Service**



## Learn Listening and Communication Skills in a Counselling Environment

### 10 Week Course on Friday Evenings

Introduction to Counselling Skills (ICSK – L2)

Awarding body - CPCAB



#### Who are we:

We are a local charity offering a confidential and professional counselling service for adults and young people from throughout Warwickshire but especially from Nuneaton Bedworth and surrounding areas

We also offer training in a variety of counselling related areas and we are recognised by CPCAB to deliver the introduction to counselling skills award.

e-mail: [sycamorecounselling@yahoo.co.uk](mailto:sycamorecounselling@yahoo.co.uk)  
internet: [www.sycamorecounselling.org.uk](http://www.sycamorecounselling.org.uk)

Charity no. 1137623 Company no. 7223795

# Training that is provided in a caring and peaceful environment where you will be valued and encouraged to reach your potential



## What will I learn?

This qualification is for those who want to learn initial counselling skills to help and support others either in a voluntary or employed capacity. It won't teach you to be a counsellor but it may help you decide whether or not to train as one.

## The course introduces

- the skills of active listening
- the ability to communicate more effectively
- develops self awareness
- awareness of interactions with others

## What will be covered?

Over the ten week course you will learn:

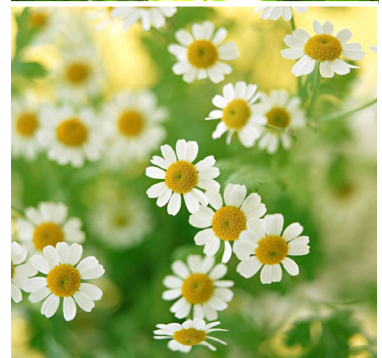
- an understanding of counselling and the ability to differentiate it from other forms of helping
- how to develop your active listening skills through skills practise
- how to give and receive constructive feedback
- the nature of the counselling relationship
- self awareness and personal development

## Course details

- 6pm-9pm on Friday evenings
- 10 weeks duration starting 6th May 2011
- approx 2hrs homework per week
- read 1 book
- maintain portfolio
- no entry requirements

## Progression

- this course may provide the entry requirements for progression on to the next level of counselling training
- the skills you learn are equally important and transferable to the voluntary and employed sector.
- If you are unemployed and seeking employment these skills can be added to your CV as they are recognised and valued by prospective employers



## What are the final qualifications?

The Counselling and Psychotherapy Central Awarding Body (CPCAB)  
Level 2 Award in Introduction to Counselling Skills

**Fees** £136 + £39 registration with CPCAB,  
The course fees are non returnable

For more information or to book a place please phone Yvonne at Sycamore  
Counselling Service **Tel: 024 7674 4544.**

