



Introduction to Counselling & Listening Skills

UTASS, 9-11 Chapel Row, Middleton in Teesdale DL12 0SN

By undertaking the course you will:

- Gain an understanding of the basic principles of person centered counselling
- Gain an understanding of the three main core conditions in counselling skills (empathy, genuine, non-judgmental)
- Understand the importance of listening
- Gain an insight into the necessary personal qualities in counselling
- Develop active listening skills required in counselling
- Gain an awareness of safety, boundaries and ethics in using counselling skills
- Gain an opportunity to practice skills in a safe environment

The course is FREE to anyone in receipt of a means tested benefit, if not the cost is £37.50.

For further information, or to book a place on the course please phone Denise Hopps, Bishop Auckland College on 01388 443078