



ABC Level 2 Award in Counselling Concepts

A 30 hour programme – Spring Term 2020 – Evening Attendance

Wed 12th February 2020 – Wed 15th April 2020 (10 x Wednesdays ~ 6pm-9pm)

This ABC Awards accredited qualification provides a recognised introduction to counselling concepts and skills. It also provides opportunities to enhance a range of verbal and communication skills which can be utilised in many work environments. This level 2 (GCSE level of study) course is open to all and will be of interest to those who:

- Would like to enhance and improve their verbal and communication skills
- Would like to experience working in groups of different sizes
- Would like to enhance their career prospects through extra qualifications
- Would like a realistic understanding of the nature of counselling training
- Are undertaking voluntary work or work in the care sector
- Are seeking a career change
- Are returning to study
- Would like to enhance their self-awareness

The course consists of three units:

Unit 1 The Professional Context of Counselling: which includes counselling concepts and three most commonly applied counselling approaches: Psychodynamic, Person-centred and Cognitive Behavioural Therapy (CBT).

Unit 2 Communication Skills in Helping Relationships: six basic counselling skills are introduced, and students are supported to apply the skills competently in small group practice sessions.

Unit 3 Personal Development: where students are supported to reflect on their learning of theory, practice and of themselves in each of the five journal entries.

Assessment and resources: The course is assessed through written work in the course handbook and reflective journal, skills practice sessions and has an 80% attendance requirement. Resources are accessed via Moodle, the SPTI e-learning site. Students therefore need access to a computer and be competent in word processing to complete written work.

The course is taught by a team of experienced and qualified counselling specialists and trainers who include the Programme Leader:



Emma Wren Harrison, UKCP Registered Psychotherapist

Programme Leader: Introductory Courses

ABC Awards Counselling Concepts & SPTI Foundation Access Course

Emma is a psychotherapist and supervisor with a small private practice, she has experience of managing a successful counselling service in the third sector. As programme leader on the introductory courses, she particularly enjoys the opportunity to work across different therapeutic modalities. Emma has experience working with survivors of sexual violence and abuse, and she has a long-standing relationship with the work of Nottingham Women's Centre. Although Emma's initial training is in the person-centred approach, she draws on systemic theories and holds a strong commitment to social change as essential to her work. Emma has a special interest in commissioning of mental health services, organisational dynamics and the impact of these on client experience. Her research interests also include collaborative approaches to assessment, note taking, and service design and evaluation.



Full payment, application form and submission of a **satisfactory reference** are required to secure a place on the course, as places are allocated on a first come first served basis.

Course fee: £350 – Fees include the registration and official certificate charges with ABC Awards.

Course dates: <http://spti.net/Downloads/TrainingDates/19CABC2e-Dates.pdf>

Date				Workshop No	Location
Wednesday	12	February	2020	1	TR6e, Park Row
Wednesday	19	February	2020	2	TR6e, Park Row
Wednesday	26	February	2020	3	TR6e, Park Row
Wednesday	4	March	2020	4	TR6e, Park Row
Wednesday	11	March	2020	5	TR6e, Park Row
Wednesday	18	March	2020	6	TR6e, Park Row
Wednesday	25	March	2020	7	TR6e, Park Row
Wednesday	1	April	2020	8	TR6e, Park Row
Wednesday	8	April	2020	9	TR6e, Park Row
Wednesday	15	April	2020	10	TR6e, Park Row