

INTRODUCTION TO COUNSELLING SKILLS

Are you 19+ and interested in learning more about counselling skills? If you would like to extend your knowledge, support family or friends with their wellbeing, or to begin looking at a career in counselling, this taster course will help you.

As part of the course we will cover a range of topics including: What is counselling, understanding the core counselling skills using core skills effectively in helping relationships, counselling theory and other types of therapy and supporting effective use of core counselling skills for everyday activities including listening skills. This course will run for 4 weeks, 2.5 hours per week.

Day and evening courses are available at the following locations:

Cannock College – The Green, Cannock, Staffordshire WS11 1UE

Tamworth College – Croft Street, Tamworth, Staffordshire B79 8AE

Lichfield College – The Friary, Lichfield, Staffordshire WS13 6QG

The course fee is £25. Remission of fees is available for some courses for those claiming JSA, ESA or Universal Credit. Please contact Carol Page or Joy Peace on the email below for more information.

How to apply



For more detailed course information visit: southstaffs.ac.uk/community-education



Please email carol.page@southstaffs.ac.uk or joy.peace@southstaffs.ac.uk



Please call **01827 304337** or **01543 301198**