



What is Counselling?

An Introduction to Listening Skills and Theory

A one-term, 30-hour
training course

Gloucester
March - May
2012

Listening Post Christian Counselling Service Ltd

Reg. Charity No 1013442
Ltd Company No. 2619615

An Introduction to Listening Skills and Theory

Aims of the Course:

The course is suitable for those who wish to learn initial listening skills in order to help other people, whether in a voluntary, church or employed setting.

The course will not teach you to be a counsellor, but may help you decide whether you wish to progress further and train as one.

The course will help you:

- To use initial listening skills safely
- To develop the helping relationship
- To use initial counselling skills with self-awareness
- To focus on the person and to empathise with their concerns
- To listen to self, others and God

Course content will include attending the class sessions, undertaking skills practice with assessment, and writing a learning review.

No previous training or experience is required to join the course.

Listening Post

Listening Post is a Christian Counselling and Training Service.

It is a Registered Charity.

From small beginnings in 1990 it now has 3 Centres in Gloucestershire, at Gloucester, Cheltenham and Stroud. Currently 60 volunteer Counsellors, Student Counsellors and 12 Supervisors are based in the different Centres.

Other institutions also offer introductory courses. What makes the Listening Post course distinctive is its awareness of the concern of those with a Christian faith to relate what they are learning and practising to their faith. Listening Post trainers will facilitate this process. The course will also include a devotional time and some Christian meditation.

In addition to the training course, Listening Post also runs an annual programme of Counselling Seminars.

As an Organisational Member of the BACP (British Association for Counselling and Psychotherapy) Listening Post is bound by the BACP's Ethical Framework for Good Practice in Counselling and Psychotherapy and subject to the Professional Conduct Procedure therein.

**AN INTRODUCTION
TO LISTENING
SKILLS AND THEORY**

30 hours training to be delivered:

Thursdays 7.00pm – 9.30pm

for 9 weeks

Start date:

March 2012 (Date to be arranged)

PLUS

One Saturday Workshop

10am - 4.00pm

Date to be arranged

COST: £ 150.00

(includes booking fee)

For further details

please contact Listening Post

Tel: 01452 383820

or e-mail:

lpostcounselling@tesco.net

To book a place on the Course

please complete and return the Application Form on this leaflet together with a **non-returnable** booking fee of £20

**An Introduction to
Listening Skills and Theory**

The course will be run at

Listening Post

Admiralty House

11a Spa Road

Gloucester

GL1 1UY

On street parking - free after 6pm.

Application Form : Spring 2012

Listening Post

**An Introduction to Listening
Skills and Theory**

A 1-term, 30 hour training course

Mr / Miss / Ms / Mrs / Dr /

First Name

Surname.....

Address.....

.....

.....

.....Postcode.....

Tel:

e-mail:.....

Church

I would like to join the above introductory course and enclose my non-returnable booking fee of £20.

Signed

If you need an acknowledgement/receipt please include a stamped self-addressed envelope.

Please return this completed form, with your cheque (payable to 'Listening Post') to:

**Listening Post, Admiralty House, 11a Spa
Road, Gloucester, GL1 1UY
01452 383820**