



What is Counselling?

An Introduction to Listening Skills and Theory

A one-term, 30-hour
training course
June—August 2017
Gloucester

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 develop listening skills
- To foster a helping relationship
- To use basic counselling skills with self-awareness
- To focus on the person and to empathise with their concerns
- To listen to self, others and the soul

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

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

Listening Post

Listening Post is a registered charity providing counselling and counselling training to adults in Gloucestershire.

Founded by interdenominational Christians it has three centres in Gloucestershire - at Gloucester, Cheltenham and Stroud.

This introductory course is distinctive as a listening skills course in that it encourages an awareness of the relationship between the emotional, physical, mental and spiritual aspects of the self in the listener.

The course includes time set aside for personal and shared reflection.

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:

Tuesdays: 6:30pm – 9.00pm

for 10 weeks

Start date:

Tuesday 13th June 2017

PLUS

One Saturday Workshop

10.00am - 4.00pm

13th June 2017

COST: £165

(includes booking fee)

For further details

please contact Listening Post

Tel: 01452 383820

or e-mail:

lpostcounselling@listeningpost.org.uk

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

Please book by

TBC

*(late applications will be
considered)*

**An Introduction to
Listening Skills and Theory**

The venue for the course will be:

Rapier House
Station Road
Churchdown
Gloucester
GL3 2ND



Application Form : Spring 2017

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
St Aldate Church
Finlay Road
Gloucester
GL4 6TN**

Tel: 01452 383820