



## An Introduction to Family, Couple and Individual Counselling Skills (Module Two)

An Introductory Course open to anyone who has completed Module One or has some knowledge of systemic theory and practice.

- Consolidating techniques and developing further resources to use in counselling Families, Couples and Individuals
- Progression to The Certificate Course in Systemic Counselling.

### Who is the course for?

This course is open to anyone who is interested in learning how to use counselling skills to work with families, couples and Individuals and who has completed Module one or has some knowledge of systemic theory and experience of using systemic ideas in practice. It will build on and consolidate skills and techniques already acquired. If you are considering a career in counselling this course will prepare you for taking Chiron's Certificate course in Systemic Counselling.

### What you will learn

This is a skills based training course. You will consolidate and further develop your abilities to thinking about and use systemic ideas in role play practice exercises. You will learn more about yourself and the beliefs and values you bring to working with users of therapeutic or counselling services. You will explore how cultural, racial, gender, class, religion, age, education and other factors affect and influence how we see the world and how we are seen in the world.

### Style of learning

Learning will be in pairs, small and large groups. Role play, film clips, and case presentations will be used to stimulate discussion and for developing skills and techniques to work with more than one person in the room.

### Assessment

- A 500 word summary of your learning from the course informed by your learning journal.
- A 5-10 minutes end of course individual presentation based on ideas summarised from your learning journal

### Qualifications

On successful completion of the course students will be awarded a Certificate of Attendance and will be eligible to continue to The Certificate in Systemic Counselling.

### Entry requirements

This is an access course open to anyone who has completed Module One or has some systemic knowledge and experience and an interest in developing their skills to work with families, couples and individuals can apply.

Practicing as a counsellor and training to be one, is a psychologically, as well as intellectually, demanding process because it requires us to be open to forming and maintaining therapeutic relationships with others, who, at times, may be deeply distressed or confused.

Counsellors need to be able to do this safely without harming others or themselves. In order to prepare for this, trainees need to be able to engage in experiential learning, to reflect on their experiences and to be open to feedback from tutors and peers. This requires a degree of psychological robustness and a capacity for self reflection. Having had a mental health diagnosis or problem in the past is not, necessarily, a barrier to training and some people are able to train whilst managing a level of ongoing difficulty; however we do need to consider, whether there is a danger of the training exacerbating mental health problems in applicants. We also need to consider the well-being of any current or future clients. For this reason, we will ask about mental health during the application process, and Chiron reserves the right to refuse admission to applicants who we judge would not, at this time, be able to benefit from our training or for whom it might be too disturbing.

### **Course Dates and Times**

The course offers 18 hours of face-to-face teaching and learning. This is delivered on Wednesday evenings over a period of 7 weeks as follows:

15th, 22nd and 29th May 2019

One study day 5th June 2019

12th, 19th and 26th June 2019

**Time:** 6.00-9.15pm

### **Fees**

The course costs £250. The fee is payable at the start of the course and is non-refundable.

### **Venue**

The course is being held at Chiron Training venue which is located at St Joseph's Hospice, Mare Street London E8 4SA. It's a 5 minute walk from London Field Overground and Cambridge Heath Overground; a 15 minute walk from Hackney Central Overground and Bethnal Green Station (Central line) and served by buses 48,55,106,254 and D6. There is also limited metered parking on nearby streets.

### **Next Steps**

If you have any further questions or would like to apply for a place on this course please email: [admin@chirontraining.org](mailto:admin@chirontraining.org) or you can download the application form directly from [www.chirontraining.org](http://www.chirontraining.org). Only email applications are accepted.