

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

An Introductory Course open to anyone interested in:

- Finding out about Counselling Families, Couples and Individuals
- Using Counselling Skills at work or in private life
- Progression to Module Two.

### **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. It will introduce you to systemic ideas and provide you with skills and techniques that will enable you to work with more than one person at a time in the room. If you are considering a career in counselling this course together with module two will also prepare you for taking the Chiron Certificate course in systemic counselling.

### **What you will learn**

This is a skills based training course. You will learn to construct family trees (genograms) to help you map family relationships and create systemic stories (hypotheses) to help explore recurring patterns of behaviours. You will be encouraged to consider how beliefs and values are informed by cultural stories, such as gender, race, ethnicity, religion, class, etc. You will also learn circular questioning techniques to use when interviewing families, couples, or individuals.

### **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 10-15 minutes, small group end of course 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 Module 2.

## **Entry requirements**

This is an open access course and anyone interested in learning about systemic counselling and 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:

6th 13th and 20th March 2019  
home study day 27th March 2019  
3rd 10th and 17th April 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 the Chiron Training venue which is located at St Joseph's Hospice, Mare Street London E8 4SA. It is 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.