

Application form

Where to Find Us



Name
Address
Postcode
Telephone
Mobile
Email

Parking

For attendees of the course, free parking is available behind St John's Church Hall, St John's Street.
BCaT is at 32 St John's Street next door to Serino Flooring.

Introductory Course

In Counselling Skills and Theory

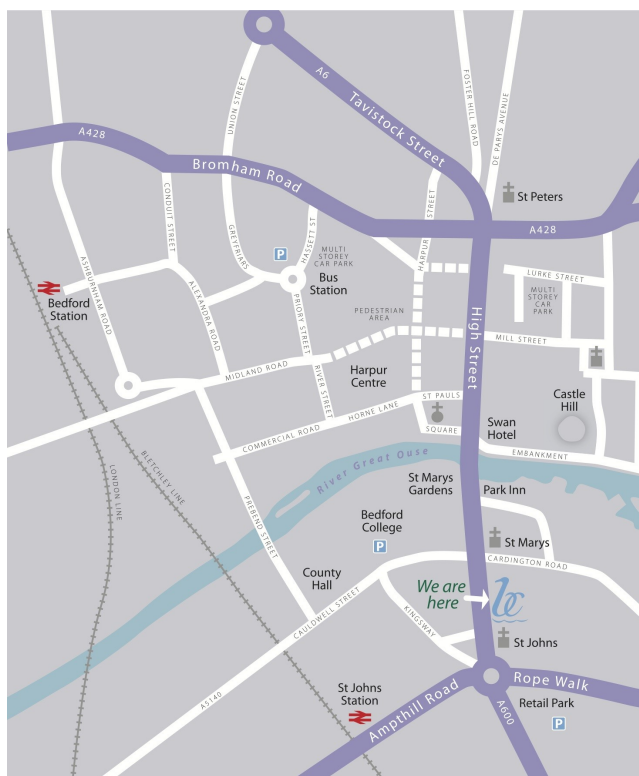
*Six Thursday Evenings
Autumn 2018*

Application

The course fee is £170. Please send to the address below a cheque payable to Bedford Counselling Centre or by direct bank transfer to Coop Bank, sort code 089299, account no. 65682890. Please put your own name as a reference and email us to say you have done this, so we can book your place.

Address

Bedford Counselling and Training
32 St John's Street
Bedford
MK42 0DH
Tel. 01234 219905
enquiries@bcac-team.org.uk



Charitable Incorporated Organisation
1154339

Introductory Course in Counselling Skills and Theory

This six week training course is designed for those who may need to use counselling skills in the work place. It will help the trainee to understand how conflict arises, improve communication and give effective support to others. It will also give those interested in counselling the opportunity to find out more about counselling and personal development.

Dates: Thursday evening 7pm to 9.30pm

4th October

11th October

18th October

1st November

8th November

15th November

A Certificate of Continuing Professional Development will be awarded for 12 hours of training.

Course Programme

Thursday 4th October

Understanding and developing skills for communication and counselling. The role of the unconscious in interpersonal communication.

Thursday 11th October

Understanding empathy and how to attend to another person's feelings through emotional reflection.

Thursday 18th October

What is meant by transference in therapy and also how unconscious transference manifests in our everyday life and work.

Course Programme

Thursday 1st November

Developing skills to help people feel relaxed and understanding how to frame questions which allow people to express themselves more fully.

Thursday 8th November

Introducing attachment theory and how we respond to parental and authority figures around us. How to build trust and communication.

Thursday 15th November

The difficulty of endings and how we respond to loss and change. How to support others facing grief and loss.