

Listening Skills

For living and working in a multi-cultural society

This popular introductory course is running in the spring of 2010. It will be led by BCPC Foundation tutor Ounkar Kaur (assisted by another member of staff with a group of more than eight)

Wednesday evenings in Bath (10 sessions)

Times: 6.30pm – 9.30pm

Dates: 28 April – 30 June inclusive

Venue: BCPC, 1 Walcot Terrace, London Road, Bath BA1 6AB

Fees

The Listening Skills course costs £220.00. Please make cheques payable to BCPC and send in together with your application. Places will be allocated on a first come, first served basis.

Your acceptance of a place on this course is a contractual commitment to pay the full fee and refunds are not permitted if for any reason you do not complete the course.

Course information

This course is designed to meet two needs:

- 1) To help people to increase their skills in listening and responding well, and to embrace cultural difference.
- 2) To provide an introduction to BCPC's experiential teaching style and core values for people considering applying for our Foundation Certificate. This course might also help those considering a career change to a people-related job.

This course explores cross-cultural differences and needs, and those who work or would like to work in a multi-cultural setting may find it of particular interest. BCPC is keen to encourage those from minority ethnic groups to attend this course. There are very few trained counsellors to meet the needs of these communities. A Scholarship Fund is available to help with course fees for individuals from minority ethnic groups who would otherwise have difficulty in meeting course fees.

Course content

- Exploring my own culture
- Understanding other cultures
- Understanding cultural difference
- Using the 'core conditions' set out by Carl Rogers in listening work
- Developing the skills of active listening
- Definitions of culture
- Working inter-culturally
- Developing awareness of self and other

Each session will include an experiential element, skills practice and an open group.

Ounkar Kaur MSc, Dip. Counselling, MBACP. Ounkar was instrumental in setting up and developing the Asian Women's Counselling Service in Bristol. She is a BME Consultant/Advisor and a Research Associate with SACHS (University of Bristol). She is interested and committed to making mainstream Mental Health Services more responsive and sensitive to the needs of people from BME communities. She has a small private practice in Bristol and is an accredited Race Equality Trainer.

Trish Barton MA HIP, Dip HIP, Cert Ed (FE), UKCP Reg., MBACP. Trish is a psychotherapist and works in private practice in Bristol. She is a supervisor for Bristol MIND and a tutor for Bristol City Council's Adult Learning Service where she runs courses and workshops for their Health and Well Being programme.

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To apply, please complete the form below and return it to the above address with a covering letter saying why you want to do this course and a cheque for £220.00 payable to BCPC.



Application Form

Listening Skills Course

Name:	
Address:	
Post code:	
Email:	
Phone (day):	Phone (evening):

Where did you hear about this course?