



Listening Skills 2021 (Online)

Our introductory course is running in the Spring of 2021. It will be co-led by a counsellor and a psychotherapist.

Tuesday evenings (10 sessions)

Venue: Online

Times: 6.30pm – 9.30pm. **Dates:** 02 March – 11 May (excluding 06 April)

Fees: The Listening Skills course costs £295.00. Places will be allocated on a first come, first served basis.

To apply: Please complete the application form available on the website enclosing a covering letter saying why you want to do this course, and enclose a cheque for £295.00 payable to **BCPC** OR make payment by Bank Transfer (bank details will be provided by the office if you are offered a place).

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 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.

Course content

- Exploring Core concepts in Humanistic philosophy
- Developing awareness of self and other
- Learning how to give and receive feedback
- Developing listening skills
- Developing an ability to 'be in the present'
- Cultivating an awareness of 'emotional process'
- Using the 'core conditions' set out by Carl Rogers in listening work

Each session will include a seminar, skills practice and an open group discussion.

Places are limited, so apply early to secure your place