

Listening Skills

An Introduction to Counselling & Psychotherapy at BCPC

Our introductory course is running in the Spring/Summer of 2020. It will be co-led by Deborah Cartwright (counsellor) and Maria Fender (psychotherapist).

Thursday evenings in Bath (10 sessions)

Times: 6.30pm – 9.30pm. **Dates:** 23 April 2020 – 02 July 2020
(Excluding half term week – 28 May 2020)

Venue: BCPC, 1 Trim Bridge, Bath BA1 1HD

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

To apply: Please complete the Listening Skills application form, 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 discussion group.

Places are limited, so apply early to secure your place