

WEA Course information sheet 2019-20



**Adult Learning
Within Reach**

Course title: Introduction to Counselling		Course ID: C2421040
Start date: 19/09/2019	End date: 26/09/2019	Day(s)/time(s): Thu 09:15
Number of sessions: 2	Hours per session: 3	Tutor David Brown
Additional hours:	Online Learning Hours: 0	
<p>Specific funder/partner requirements: This course is free to adults that receive a benefit.</p> <p>For more information, or to book a place on this course please contact Jackie Warren on 01992 854076 or Dave Brown (course tutor) on 07484 247828</p>		
Awarding body (if any):		Level: Level 1
Title of qualification to be gained:		
<p>Fee: £157.50 or Free if you are in receipt of an income related benefit (only SFA funded) Accreditation Fee (if applicable):</p>		
Venue: Capel Manor Primary School, Bullsmoor Lane, Enfield, EN1 4RL		
<p>Theme(s): The WEA has four themes it uses for planning its provision. Employability – helping students to get a job or to make progress in their employment Health and Wellbeing – making a positive contribution to their own or others health and wellbeing Community Engagement – encouraging students to be positively involved in their communities Culture – learning about diverse cultures, identities and environments</p> <p>The Theme(s) used in planning your course is/ are:</p> <ol style="list-style-type: none"> Employability Health and Wellbeing 		

Course Aim

This course is intended to inform the learner about counselling skills and theory for both personal and professional development.

Course Description

The course will cover the psychological, theoretical and historical contexts of the three main approaches to counselling practice - the psycho-dynamic approach, the person-centered approach and cognitive behavior therapy. The focus of counselling practice, the self-growth and development of the client, will be studied in the context of what developmental psychology has to tell us. The counselling ethical code of practice shall be a major element studied as will be the student's personal growth and development. Finally, counselling skills will be shown to be a worthwhile set of transferable attributes which work across a wide variety of professions and jobs in social care and education as well as in Human Resource departments and allied managerial positions.

Do I need any particular skills or experience?

What will I achieve?

By the end of the course I will be able to:

1. Have some understanding of basic counselling concepts and be able to write about them in my own words
2. Name some of the central figures in the development of counselling theory and practice and gain some understanding of their theories
3. Gain some understanding of how the structure of the mind is seen historically
4. Discuss and write about the ethical perspective in counselling
5. Have some understanding of the concepts of emotional literacy and health and be able to write about them in my own words

What teaching methods will be used and will there be work outside of the class?

- The WEA tutor will use a range of different teaching and learning methods and encourage you and the group to be actively involved in your learning
- You may be asked to undertake additional work in your own time to support your learning

What kind of feedback can I expect from the tutor?

- A range of informal activities will be used by the tutor to see what you are learning which may include quizzes, question and answer, small projects and discussion
- You will have opportunities to discuss your progress with your tutor
- You will be encouraged to share your work with the group and discuss your learning
- You will be encouraged to consider other students work and give your opinions and suggestions
- A file of work will be kept which will help to record your progress
- There will be a number of tasks appropriate to your course such as written work, creating art or craft, video, photography or small projects. Some of these may be marked to help you progress

What else do I need to know? Is there anything I need to bring?

- You will need to create a portfolio for your week so will need a folder. Pen and paper to make notes on please.

Pre-course work, reading and information sources

- No pre reading is required but research on the subject on the internet or in the library may be helpful

Possible next steps after this course (including career opportunities if appropriate)

- Progress to another WEA course
- Progress to a course with another provider
- Become involved as a volunteer for a WEA partner or another organisation

Learning with the WEA

WEA courses increasingly make use of the rich variety of educational tools and material available on the internet and from digital devices. The WEA's digital learning platform, Canvas will play an increasing role in all WEA courses to provide resources or support, or to conduct lessons, enable assessment, provide learner feedback and for other activities for individuals away from the course. It is helpful, although not essential if you have access to a computer or smartphone to support your course.

You can read about your entitlements and responsibilities as a WEA student in our leaflet, Student Handbook here <http://www.wea.org.uk/learn-wea/student-support> This includes information on fees,

learning support and financial support. As part of your course you accept our Learning Agreement and Privacy Notice. Full details of the Learning Agreement and privacy notice can be found on our website at <http://www.wea.org.uk/policies>. This applies to all courses you take in this academic year.

You can enrol online for some courses <http://www.wea.org.uk/learn-wea/course-search> or contact: WEA Support Services, Suite 10B Joseph's Well, Hanover Way, Leeds, West Yorkshire, LS3 1AB
Tel: 0300 303 3464 Email: courseenquiries@wea.org.uk

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