

## What is the course about?

If you have always been interested in counselling, this course will allow you to take your first step towards this challenging yet rewarding sector. On this introductory course, you will gain the skills and techniques required to help you listen attentively and communicate more effectively using basic reflective skills. You will begin by observing yourself and others within the group.

## Why should I choose the course?

This course provides a valuable introduction to counselling and will equip you with the basic skills you need to get started. This course will provide you with the foundation you need to progress on to further study and achieve your career goals.

## What will I learn?

On this course you will learn how to:

- Find out more about counselling
- Learn basic safety and trust whilst listening
- Explore basic counselling skills of reflection and empathy
- Develop basic self-awareness
- Learn how to use basic counselling skills
- Explore progression to Level 2 Certificate Counselling Skills.

Throughout the course you will be assessed informally by the tutor. You will have the opportunity to self-assess your weekly progress using an individual learning plan. You will also complete a mini portfolio of handouts and exercises. You will be observed, supported, and guided throughout the course.

## What will the course lead on to?

Upon completion, you may wish to progress on to the Level 2 Certificate Counselling Skills course or the level 2 distance learning route. Please note that if you would like to progress on to Level 3 Counselling you will be required to complete the on campus level 2 course, and not the distance learning option. For more information on your options, please speak to our Learner Services Team.



# Why should I choose to study the course at Warrington & Vale Royal College?

Here at Warrington & Vale Royal College we have a team of dedicated, experienced staff who can share their extensive knowledge and skills with you. Learning in a friendly and inclusive environment, you will be fully supported to achieve your goals.

## What are the entry requirements?

You must be over 19, have an interest in the subject area, be willing to partake in classroom activities and discussions and to self-assess your weekly progress using an individual learning plan at the end of each session.

## What are my funding options?

If you are in receipt of a benefit or have a low income you may be eligible for a reduction in fees. For further information on funding please contact Learner Services on 01925 494400 or email [learner.services@wvr.ac.uk](mailto:learner.services@wvr.ac.uk).

## Are there any additional costs associated with the course?

There are no additional costs associated with this course.



**Warrington  
& Vale Royal  
College**

Warrington Campus  
Winwick Rd, Warrington WA2 8QA

 [wvr.ac.uk](http://wvr.ac.uk)

 01925 494 494

Winsford campus  
Weaver St, Winsford CW7 4AH

 [learner.services@wvr.ac.uk](mailto:learner.services@wvr.ac.uk)