

This Level 2 training course is intended as preparation for those who may wish to pursue Level 3 training (and higher), at a later date, (not necessarily at the same location, or by the same organisation). The course is equally suitable for those who are already involved in Pastoral work and want to develop their pastoral skills.

The course will include self awareness exercises.

No specific academic qualifications are required for entry.

Course Trainers: Denise Brent and Tracy Mendis

For application form and further information, please contact:

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The Willows Centre
11 Prospect Place, Old Town,
Swindon SN1 3LQ
Tel: 01793 426650 : Charity No: 1037677
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**Cost £220 plus course books
and one training day at Harnhill £45**

Willows Counselling Service



Introduction to Pastoral Counselling

The Initial Course of the ACC Recognised Programme
“The Knowledge, Skills and Attitudes Framework for
Counselling” - Level 2

- Are you interested in Counselling?
- Are you involved in Pastoral Care?
- Are you involved with Young People?
- Do you wish to develop Pastoral skills?

This 10 week course could be just what you're looking for!

**10 Mondays
Commencing 16th April 2018
Plus three Saturdays
(One at another venue)**

**Venue: The Willows Centre,
11 Prospect Place, Old Town
Swindon, SN1 3LQ**

This is an ACC course which fulfils the criteria for
an ACC Level 2 Course in Christian Counselling
(OCN Introduction to Counselling Units)

Christian Caring in the Community

Course Topics

6.30 pm – 9.30 pm

Week 1
16th April

The Helping Relationship

Defining the Role
The 'qualities' of an effective helper
The 'core conditions' of the helping relationship

Week 2
23rd April

Being there as the Helper

Listening beyond the words – being attentive
Creating a therapeutic environment
Being congruent

Week 3
30th April

Listening 'skills' and listening 'practice'

Reflective skills
Non-verbal communication
Listening to the feelings

7th May - Holiday

Week 4
14th May

Theoretical Models of Counselling (an overview)

Person-centred, Psychodynamic and Cognitive perspectives and their place within an Integrative Christian approach.

Saturday
19th May
9.30 - 4.30

Awareness of 'Self', in the role of Helper

Listening to ourselves
- Our motives
- Prejudices and barriers
- Knowing our limitations

Increasing our Understanding of Ourselves

Being open and real in relationships
Johari Window
Personal 'drivers' - shoulds, oughts and musts!!
Charting a way forward

Week 5
21st May

(Submit Book Review)

"The Skilled Helper" (an overview)

Egan's 3 stage Model as a framework
- Telling the story
- Preferred Scenario

28th May – Holiday

Week 6
4th June

Facing, and staying with 'Pain'

Issues of 'loss' and 'the grieving process'
Growing through the pain

Week 7
11th June

Using creative tools in the helping process

Creative ways of engaging with and giving expression to feelings using soft toys, stones, shells, creative writing, artwork etc

Week 8
18th June

(Submit essay)

Sensitive Issues and 'Good Practice'

Contracts, Boundaries, Accountability,
Supervision and Ethical Practice

Saturday
23rd June
9.30 – 4.30

The Journey through Life - Brokenness and Wholeness

Emotional, Physical and Spiritual wholeness – and the relationship between them
The effects of early life experience
The Search for Significance – Attachment Theory

Week 9
25th June

Integrating personal faith with Counselling Practice

Working with 'difference'
Being 'appropriate' in the use of prayer and Scripture

Week 10
2nd July

(Hand in portfolio)

Transitions and Endings

Life Transitions
"The Bumps are what we climb on"
Letting go and moving on - referring on
"Where am I now?"