

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 2nd October 2017
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 2nd Oct	The Helping Relationship Defining the Role The 'qualities' of an effective helper The 'core conditions' of the helping relationship
Week 2 9th Oct	Being there as the Helper Listening beyond the words – being attentive Creating a therapeutic environment Being congruent
Saturday 14th Oct 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 3 16th Oct	Listening 'skills' and listening 'practice' Reflective skills Non-verbal communication Listening to the feelings 23rd October - Holiday
Week 4 30th Oct	Theoretical Models of Counselling (an overview) Person-centred, Psychodynamic and Cognitive perspectives and their place within an Integrative Christian approach.

Week 5
6th Nov
(*Submit Book Review*)

"The Skilled Helper" (an overview)
Egan's 3 stage Model as a framework
- Telling the story
- Preferred Scenario

Week 6
13th Nov

Facing, and staying with 'Pain'
Issues of 'loss' and 'the grieving process'
Growing through the pain

Week 7
20th Nov

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
27th Nov
(*Submit essay*)

Sensitive Issues and 'Good Practice'
Contracts, Boundaries, Accountability, Supervision and Ethical Practice

Saturday
25th Nov
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
4th Dec

Integrating personal faith with Counselling Practice
Working with 'difference'
Being 'appropriate' in the use of prayer and Scripture

Week 10
11th Dec
(*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?"