



## Spectrum counselling course

Professional development Course | Course leader Gill Doust

The objectives of the Spectrum counselling course are to explore the basic principles of counselling and psychotherapy, to consider relevant issues in relation to counselling and psychotherapy such as confidentiality, contract setting and beliefs, and to learn and practise communication and relationship skills. The course teaches participants to use themselves, their experiences and their personal histories in the development of their learning.

Teaching takes place through lectures, seminars, written work, role-play, and self, peer and staff assessment. An essential part of the work will be experiential. All participants are expected to work on a personal level because we believe that to assist others we need to develop our own selfawareness.

The course is suitable for people interested in becoming effective counsellors and those wanting to train as psychotherapists as well as those with little or no experience who wish to learn basic counselling and psychotherapeutic skills for use in their own lives. It is also suitable for those who use counselling as part of their overall work and responsibility, those who manage and supervise others, deal with the public, work in a team, have responsibility for staff development, and for whom it is the central function of their job, such as doctors, social and religious workers, as well as those with little or no systematic training.

This course may be used towards counselling and psychotherapy accreditation. We expect full attendance at all course meetings. The teaching staff member is Gill Doust.

### How to apply

If you are interested in applying for the course, please send an application giving details about yourself, personally and professionally, your interest in the course and what you feel you want to achieve from it. Please include your name, address and telephone numbers (home and work), and any other information you feel relevant to your participating on this course. Interviews will be held soon after receipt of your application. The guidelines are available online.

### Dates 2014

Two three-day non-residential workshop  
Saturday, Sunday and Monday, May 17, 18, 19  
Saturday, Sunday and Monday, November 8, 9, 10.

Fourteen Mondays  
June 9, 16, 23, 30, July 7, 14, 21, September 1, 8, 15, 22, 29,  
October 6, November 3.

The course meets from 9am-4pm each day.

Participants are expected to give priority to the course on these dates and to attend all sessions.

### Price

The fee for the 2014 course is £1,870. A deposit of £870 is required upon acceptance on the course. A further £500 is due before the start of the course and the balance of £500 by the middle of the second term. People working for statutory bodies should consider applying for funding for this course.