

How much does the course cost?

Course fee: £120 per person
Concessions: £102 to those in receipt of benefits

The fee is payable either in one lump sum or in three monthly instalments. Please note that 10% of the fee paid is a non-returnable deposit.

How do I book?

To book a place on one of the 'Being There' courses, please use the booking form enclosed with this flyer.

- on receipt of your booking form and cheque(s), a place will be reserved for you on the course you have chosen and a letter of confirmation and map will be sent to you.
- should there be no booking form enclosed with the flyer or should you wish to book a place on a course with a different starting date, please contact Network either by phone or email and request the relevant booking form for that course.

Network Training

Network Training is an ecumenical Christian training organization which offers a broad range of well-established part time courses for those who wish to develop their listening and counselling skills or to train as professional counsellors.

Our courses include introductory courses in basic listening and counselling skills, substantial Higher Education certificate and diploma level courses in Christian pastoral counselling (all validated by the University of Gloucestershire) and a programme of short courses and workshops for qualified counsellors on a range of specialist topics.

network:training

*A life-changing
experience...*

'Being There'

An Introduction to Basic Listening and Counselling Skills

A twelve week part time evening course
Starting dates: January, April and September

Network Training

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‘Being There’

An Introduction to Basic Listening and Counselling Skills

Introduction

If you are involved in any form of helping relationship – for example, nursing, teaching, support work, youth work or pastoral care - and want to develop your listening and communication skills, this course is for you. It is also a suitable introductory course for those who are considering training as counsellors.

The course operates an equal opportunities policy and is open to anyone who has an interest in working with people. You do not need to have had any previous experience of listening to or supporting others. Nor do you need to hold a Christian faith as we welcome anyone who is comfortable with our Christian ethos and values. It is, however, important to recognize that some of the content of the course is explicitly Christian in its perspective and that in addition to covering the same ground that any good listening skills course would address, we also include topics that will be particularly relevant for those working in a pastoral context.

Good listening lies at the heart of any effective helping relationship and this course will enable you to identify and develop the skills you already have as well as to acquire new ones. You will explore the personal qualities needed to be a good listener, you will learn about the importance of listening to yourself as well as to others and you will be invited to embark on a gently challenging journey of self-discovery.

You will be introduced to a range of basic listening skills and will also have the opportunity to explore some of the difficulties and sensitive issues you may encounter as a listener such as maintaining confidentiality, holding appropriate boundaries and dealing with people’s defences.

Finally, the course offers a very brief introduction to counselling and will help you to understand the differences between the supportive listener and counsellor roles.

What form will the sessions take?

This is a 12 week introductory course offering in total 70 hours of training. Each session will last for two and a half hours – from 7.00 to 9.30 pm - and will include a theoretical seminar (involving short teaching sessions, small group discussions and skills demonstrations) and a listening skills practice session in small groups led by a facilitator. Here you will have the opportunity to practice and develop the skills you are learning by listening to each other.

What additional work will I be asked to do?

You will be asked to keep a personal learning journal throughout the course in order to encourage you to reflect on your learning experiences, but the journal will not be assessed by the course tutors. You will also be expected to do a small amount of additional reading – wherever possible, before each session.

You will, in addition, have the opportunity to complete two short written assignments – a very short essay and a personal development profile. You may choose not to complete the written work, but will then be awarded an Attendance Certificate instead of the full Course Certificate.