

## Level 2 Certificate in Counselling Skills

**Start Date Monday EVENING 18 Feb 2019**

**5.30-9pm at the Waterloo Wellbeing Centre**

Session No:	Date:	Topic
1	18 Feb	Intro, 'who are you now'.
2	25 Feb	'Who are you as a learner.
3	04 Mar	Listening skills, open & closed questions
4	11 Mar	Listening skills, open & closed questions
5	18 Mar	Listening skills, summarising
6	25 Mar	Assessment and Portfolio
7 <b>Sat Workshop</b>	<b>30 Mar TBC</b>	<b>A day of mindfulness</b>
8	01 Apr	Total Communication (1)
9	08 Apr	Total communication (2)
10	15 Apr	Total communication (3)
11	29 Apr	Ethics and Safety
12 <b>Sat Workshop</b>	<b>11 May TBC</b>	<b>A day of mindfulness</b>
13	13 May	Boundaries of the helping role
14	20 May	Boundaries of the helping role
15	03 June	Staying present
16	10 June	Developing an awareness of 'self'
17	17 June	Mock Exam
18	24 June	Mock Exam Review & Mid-way review
19	01 July	<b>EXTERNAL ASSESSMENT</b>
20 <b>Sat Workshop</b>	<b>06 July TBC</b>	<b>A day of mindfulness</b>
21	08 July	Use of self-awareness/Focus on helpee
22	15 July	Use of self-awareness/focus on helpee
23	22 July	Feedback and reflection
24	29 July	Course Review/endings & celebrations

Saturday workshops will be 5.5 hours long: 10-3.30pm

Assignments: (1) Essay assignment: 25 March

(2) Recorded skills assignment: 03 June

(3) Self review

(4) Reflective Learning Journal, an entry for each session