

Counselling Skills: An Introduction

Date	5 May 2020	Time	10:00 – 17:00
Venue	Madingley Hall Madingley Cambridge CB23 8AQ		
Tutor	Julie Webb		
Course code	1920NDX413		
Further information:	shortcourses@ice.cam.ac.uk		
To book	www.ice.cam.ac.uk/courses/short-courses-madingley-hall		

Tutor biographies

Julie Webb (MBACP Accr'd; MA) is a psychotherapist and supervisor in private practice in Cambridge and a member of the counselling and wellbeing team at Anglia Ruskin University. She is an experienced trainer and lecturer in private business, FE and HE settings. As a counselling lecturer she has designed and delivered a range of programmes up to degree level. As a practitioner she is passionate about experiential process; how we encounter one another and the ethics involved in empathic, supportive and encouraging environments.

She has a particular interest in the relevance of Philosophy and Zen Buddhism to therapy; has published reviews and articles in professional therapy journals and is co-editor of *Therapy and the Counter-tradition: the edge of philosophy* (2016). Her latest contribution is a chapter in *Re-visioning Person-Centered Therapy* (2018).

She writes poetry, micro-fiction and is currently writing her first novel.

Programme:

09.30 ***Terrace bar open***

10:00 **Session 1: Skills in Theory**

Introduction. Theory overview and counselling ethos; what, why and who.

11:15 *Coffee*

11:45 **Session 2: Skills in Practice I**

How. Experiential exercises illustrate applying theory to practice; dyads and active listening followed by peer feedback and individual reflection.

13:00 *Lunch*

14:00 **Session 3: Skills in Practice II**

Triads: Experiential exercises illustrate active listening and empathic responding.

15:15 *Coffee*

15:30 **Session 4: The Compassionate Culture**

Developing self-awareness and self-compassion via silence, meditation and mindfulness.

16:45 Open dialogue

17:00 Day school ends

Aims:

The aim of this course is to give learners an introduction to the theories, practice, and ethics that inform better communication in a variety of professional situations and everyday relationships. Topics covered will be active listening, empathic responding and emotional focusing to improve self-awareness. The uniqueness of this course involves support material from Philosophy and Zen Buddhism to amplify the remit of the counselling profession, thus widening the scope in tune with contemporary developments in ethics, compassion, meditation and mindful approaches to wellbeing.

Content:

This workshop will introduce learners to Person-centred counselling theory (Carl Rogers); skills development (Gerard Egan); and experiential focussing (Eugene Gendlin). In order to gain an understanding of the wider ethical impact and to aid the development of compassionate communities there will be philosophical touchstones throughout from the work of Judith Butler, Ludwig Wittgenstein, existential philosophers, and prominent practitioners in the field like Manu Bazzano. Learners will be invited to engage in skills practise to develop active listening and empathic responding via dyad and triad work. Informed by ideas from Zen philosophies and practice, learners will experiment with silence, meditation and mindfulness to aid the development of self-awareness. Space will be given for self-reflection and/or writing.

Presentation of the course:

Lecture; open discussion; skills practise; experiential exercises; reflective writing.

As a result of the course, within the constraints of the time available, students should be able to:

- Use introductory counselling skills as an ethical relating practice.
- Gain an awareness of the counselling theory and philosophical ideas that inform practice.
- Begin to develop a practice of self-reflection.

Reading and resources list

Listed below are a number of texts that might be of interest for future reference, but do not need to be bought (or consulted) for the course.

Author	Title	Publisher/Date
Bazzano,B; Webb,J. (eds)	<i>Therapy and the Counter-tradition: the edge of philosophy</i>	Routledge (2016)
Bazzano, M.	<i>Nietzsche and Psychotherapy</i>	Routledge (2018)
Bazzano, M.	<i>Zen and Psychotherapy</i>	Routledge (2017)
Egan, G.	<i>The Skilled Helper</i>	Cengage (2017)
Heaton, J.M.	<i>The Talking Cure: Wittgenstein on Language as Bewitchment & Clarity</i>	Palgrave (2013)
Hough, M.	<i>Counselling Skills and Theory</i>	Hodder Education (2010)
Rogers, C.	<i>On Becoming a Person</i>	Robinson (2004)
Rogers, C.	<i>Client-centered Therapy</i>	Robinson (2003)
Rogers, C.	<i>Active Listening</i>	Martino Publishing (2015)
Sutton, J.	<i>Learning to Counsel (4th ed)</i>	Robinson (2017)
Tolan, J.	<i>Skills in Person-Centred Counselling & Psychotherapy 3rd Ed</i>	Sage (2016)

Additional information

Venue

Details of how to find Madingley Hall can be found on our website:

<http://www.ice.cam.ac.uk/who-we-are/how-to-find-the-institute>

Refreshments

Tea and coffee and lunch will be provided. If you have any specific dietary requirements or allergies and have not already advised us, please inform our Admissions Team on ice.admissions@ice.cam.ac.uk or +44 (0)1223 746262.

Note Students of the Institute of Continuing Education are entitled to 20% discount on books published by Cambridge University Press (CUP) which are purchased at the Press bookshop, 1 Trinity Street, Cambridge (Mon-Sat 9am – 5:30pm, Sun 11am – 5pm). A letter or email confirming acceptance on to a current Institute course should be taken as evidence of enrolment.

Information correct as of: 11 September 2019