



Eastern Tree

Training & Therapy

Personal and professional learning,  
creative training

## Certificate in Humanistic Counselling Skills

### Who is this course for?

This is a part time experiential course, open to people with some 'helping' or introductory counselling training, and ideally, experience of working with people in a helping capacity.

The course is suitable for:

- Those wishing to go on to Diploma level counselling training, which is the professional training needed to become a qualified counsellor
- Continuing Professional Development for those using listening and awareness skills within their current helping role, such as teachers, nurses, social workers, guidance counsellors, carers, befrienders, complementary therapists

### The Eastern Tree counselling philosophy

The underlying philosophy of our course trusts in a core creative self which emerges through the organic structure of the course, and an innate wisdom about what each individual needs in order to grow and become whole. We draw from a variety of humanistic counselling theories, with the specific mix on each course being a reflection of the tutor's own humanistic 'home'.

### Format of the course

The course comprises 90 hours contact time over 6 months, but it would be wise to allow a day a week outside of the course for reading, assignments and peer group meetings.

Dates and Times The course meets at Eastern Tree House, our dedicated central Norwich venue near Norwich football ground, for 3 hours on Monday afternoons 1.30-4.30pm, and 3 weekends running from 10am– 4pm. Parking and transport links are nearby.

- **Term One**

5 Monday afternoons: 18 September to 16 October 2006

One weekend: either Sat/Sun 30 Sept/1 Oct or Sat/Sun 7/8 Oct 2006

- **Term Two**

6 Monday afternoons: 30 October to 4 December 2006

One weekend: either Sat/Sun 11/12 Oct or Sat/Sun 18/19 Nov 2006

- **Term Three**

7 Monday afternoons: 8 January to 26 February 2007

One weekend: Sat/Sun 25/25 2007

### **Costs**

The course fees are £675. Payment by instalments is possible. Our courses have small, informal groups of between 6 & 12 students, which allows more space for each person to learn.

**Assessment and Certification** Graduation from the course is based on successful completion of assignments (eg a self assessment of personal development, essay on humanistic theory, assessed skills session) plus a minimum 80% attendance. Certificates are issued by Eastern Tree Training and Therapy

### **Applications**

Please read the full course information sheet (see [www.swaffham.net/counselling](http://www.swaffham.net/counselling)). Send the information detailed below to Jacky Walker, Eastern Tree Training and Therapy, 7 Rosebay Close, Norwich NR6 6DR or email [jackywalker@tiscali.co.uk](mailto:jackywalker@tiscali.co.uk) We will arrange a convenient time for a brief telephone interview, and, if applicable, a personal interview in Norwich.

To discuss any matters prior to application, contact the course directors:

- Jacky Walker (0845 456 0985 / 07796 904473) [jackywalker@tiscali.co.uk](mailto:jackywalker@tiscali.co.uk)
- Bee Springwood (0845 345 4467 / 07944 694854) [springwood@onetel.com](mailto:springwood@onetel.com)

There is also a range of full information sheets about our introductory and diploma counselling trainings on [www.swaffham.net/counselling](http://www.swaffham.net/counselling)

### **Application for Certificate in Humanistic Counselling Skills**

On a separate sheet, please give us details of the following:

1. Your name
2. Your address
3. Contact phone number
4. Email address
5. Best times to contact you to arrange a phone or personal interview.
6. Give details (dates, contact hours, training organisation) of any relevant courses you have completed / are completing.
7. Give details of experience of using helping or listening skills in any capacity, whether formal (eg within your current role) or informal.
8. Why would you like to do this course and why now?  
Please answer this in 250-400 words
9. Anything else you think it would be useful for us to know at this stage  
(We aim to provide an equal opportunity for all, but as a small course, we do not have resources to provide additional one to one carer / learning support within the course framework. All students will receive some individual tutorial attention as a matter of course )