



Eastern Tree

Training & Therapy

Personal and professional learning,  
creative training

Certificate in  
Humanistic Counselling Skills  
Course Information Sheet  
Starts September 2006

**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 life/work (such as teachers, nurses, social workers, guidance counsellors, carers, befrienders, complementary therapists) or who want to improve their level of self awareness.

**The Eastern Tree counselling philosophy**

The underlying philosophy of our courses trust 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'.

***Certificate in Humanistic Counselling Skills Course Approach***

The Certificate course is a part time comprising 90 contact hours over 7 months. It draws heavily from Person-Centred roots. We place great emphasis upon the uniqueness and value of each individual person and upon their ability to know themselves better than anyone else knows them. The counsellor (or helper) seeks to provide a relationship which is genuine and in which the client's experience and feelings are understood and valued.

Eastern Tree Training and Therapy, 7 Rosebay Close, Norwich, Norfolk NR6 6DX

Tel: 0845 456 0985 / 07796 904473 Email: [jackywalker@tiscali.co.uk](mailto:jackywalker@tiscali.co.uk)

Website: [www.swaffham.net/counselling](http://www.swaffham.net/counselling)

This enables clients understand themselves better and a natural healing process is begun in which the client can grow and increasingly discover their own inner power and wisdom.

We endeavour to teach in a way that is as true to these values as possible. A great deal of emphasis is placed upon learning through experience and the challenge of us all seeking to relate to one another in ways which are open, genuine, empathic and unconditionally valuing. We want to encourage dialogue and creativity and are keen for you to take responsibility for yourself and your own learning, with our support.

The nature of the course is necessarily intense, personal and emotionally involving and it is important that you do not feel forced to do or share more in class than is right for you? We seek to trust your ability to choose for yourself and to take responsibility for and, when necessary, protect yourself. Our hope is that the course will provide valuable learning to prepare you for your further studies or simply to enrich your life. Regular tutorials will be offered.

### **Format of the course**

**Dates: Monday afternoons 1.30pm-4.30pm Weekends 10am-4pm**

- **Term One**

5 Monday afternoons: 18 September to 16 October 2006  
One weekend: Sat/Sun 7/8 Oct 2006

- **Term Two**

6 Monday afternoons: 30 October to 4 December 2006  
One weekend: Sat/Sun 11/12 Nov 2006

- **Term Three**

7 Monday afternoons: 8 January to 26 February 2007  
One weekend: Sat/Sun 24/25 Feb 2007

- **Study hours**

In addition to the above hours allow one day per week for personal study/reflection and study group meetings

### **Venue**

The course meets at Eastern Tree House, our dedicated central Norwich venue near Norwich football ground, for the Monday afternoon and weekend sessions. Pay car-parking as well as bus and train transport links are nearby.

Study group meetings will normally take place in your homes but could in some circumstances or by special arrangement be at Eastern Tree House.

## **Tutors**

The course is led by Ruth Jones. Depending on group size, a co-tutor will assist with the weekends.

Ruth Jones: Ruth has a BA in Biological Sciences and worked as a scientist before having children. She has a post-graduate Diploma in Person-Centred Counselling and works as a counsellor in a number of settings and as a supervisor. She has been training on Diploma, Certificate and Foundation level counselling courses for some years and enjoys working with groups.

## **Suggested Reading List**

These books form the core reading for the course. You do not have to read all of them but we would encourage you to choose those which appeal to you and be led by your own interests and instincts. We will suggest more reading when the course begins.

Ford J and Merriman P      The Gentle Art of Listening - Counselling Skills for Volunteers

Frankland A and Sanders P      Next Steps in Counselling. PCCS 1995

Joyce P and Sills C      Skills in Gestalt and Psychotherapy. Sage 2002

Mearns D and Thorne B      Person-Centred Counselling in Action 2<sup>nd</sup> Edition, Sage 1999

Sanders P      Step in to Study Counselling PCCS Books, 1995

Tolan J      Skills in Person-Centred Counselling and Psychotherapy Sage 2003

Yalom I      Love's Executioner and other tales of Psychotherapy Penguin Books

## **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**

Graduation from the course is based on successful completion of assignments plus a minimum 80% attendance. The assignments will normally include a substantial self assessment of personal development, an essay on some aspect of humanistic theory and an assessed skills session.

You will also be expected to keep a regular personal journal throughout.

## **Certification**

Certificates are issued by Eastern Tree Training and Therapy

## **Applications**

Please send the information detailed below to Jacky Walker, Eastern Tree Training and Therapy, c/o 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.

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

1. Your name, address, contact phone number, email address
2. Best times to contact you to arrange a phone or personal interview.
3. Give details (dates, contact hours, training organisation) of any relevant courses you have completed / are completing.
4. Give details of experience of using helping or listening skills in any capacity, whether formal (eg within your current role) or informal.
5. Why would you like to do this course and why now?  
Please answer this in 250-400 words
6. 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)

## **Other courses**

For general information about other Eastern Tree Training & Therapy courses, as well as any administrative matters prior to application, please contact the course directors.

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

***Introduction to Counselling courses starting September 2006  
Diploma in Humanistic Counselling training starting early 2007  
Art Therapy courses and workshops throughout 2006 and 2007***