
LIFE SKILLS ACADEMY

LIFE SKILLS CERTIFICATE

Pending Accreditation to ABC Awards

The Life Skills Certificate equivalent to ABC Level 2 Counselling Concepts. The Workshops focus on creative self-expression, group participation and self-reflection, combined with some theories surrounding Humanistic and Psychoanalytic counselling concepts which have contributed to the practice of Counselling and Psychotherapy as we know it today.

Basic counselling skills are a 'must' for good, professional practice for all health-care workers. To this end, the Life Skills Workshops offer theory and practical and skills to practice with in the work place - and personal relationships. The Life skills Certificate does **not** qualify you as a Counsellor, but is an introductory guide to some of the principles, skills and philosophies surrounding the profession.

The Life Skills Certificate enhances skills for complementary therapists and is for anyone wishing to improve their social skills and improve relationships.

ABC AWARDS

ABC Awards has been accredited onto the National Qualifications Framework and has provided a basic introduction to counselling award for 20 years. The Level 2 Counselling Concepts level of education offers a Certificate of Attendance and may be used as evidence for admission onto Level 3, although this is not automatic and learners should check with Centres offering Level 3 on the selection procedures, which may depend on further evidence of suitability.

COURSE REQUIREMENTS

The Course offers 30 contact teaching hours and is an ideal introduction to the counselling profession for those who have no previous experience or understanding of counselling. There is no examination – a Certificate of Completion is gained based on satisfactory assessment of student's Course work at the end of the Course. Students **must** attend 80% of the Course to qualify for entry for assessment at the end of the Course. Early leaving and late arrival will be considered to be non-attendance.

The ABC Level 2 Certificate in Counselling Concepts offers access to those who:

- Are returning to study
 - Seeking a career change
 - Beginning voluntary work
 - Enhancing career prospects with additional qualifications
 - Wish to improve social skills
 - Seeking a deeper self-understanding
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We stress that due to the content of the Course experiential learning and self-awareness exercises may be emotionally demanding for you and in student interaction. It is therefore wise to consider this before enrolment as you will be expected to participate throughout the Course.

Access to the Life Skills Certificate is by interview, either in person, webcam, or telephone. To arrange an interview please contact the Secretary on 01425 639370. Alternatively, please write to International Reflexology & Life Skills Workshops, PO Box 7075, New Milton, Hampshire BH25 9DF . For further information see our website: www.reflexologyworkshop.com.


PROGRESSION ROUTES

Level 2 Certificate in Counselling Concepts may equip you to further study with the ABC Level 3 Certificate in Counselling Skills.

For those interested in professional training as a Counsellor or Psychotherapist, we recommend you contact the British Association for Counselling & Psychotherapy (BACP) who can provide information of accredited Diploma and Degree Courses.

Experiential and Theoretical Learning includes:

- What is counselling and psychotherapy?
- Communication skills
- Theoretical concepts surrounding counselling and psychotherapy
- Personal growth and understanding
- Experiential learning
- Role Play – how does it work?
- Personal development - self-reflective Journal keeping
- Self-concept – who am I?
- Understanding depression and anxiety
- Awareness – what is it?
- Good Listening
- Mirroring and paraphrasing
- Overcoming self-limiting thoughts and behaviour
- Understanding depression and anxiety
- Improving confidence and assertiveness
- Written essay of approximately 1500-2000 words describing what the Course has meant to you and demonstrating Personal Development throughout the Course and a self-reflective Journal.



Our Life Skills
workshops come with a
warning:
Laughter May Improve
Your Health!

The Workshops are mapped to:

- Information technology
 - How to work with others
 - Improving your learning
 - Problem solving
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DIFFICULTY MEETING THE FEES?

An alternative method of meeting Course fees is to apply for a Career Development Loan (CDL), which are run by the Learning & Skills Council, in partnership with three leading High Street Banks. Funding is provided to support vocational and educational training. The LSC pays the interest on your loan whilst learning and up to one month post-qualification. You then repay the loan to the bank over an agreed period of time at a fixed rate of interest. You must know what programme of study you will be following before you apply for a CDL.

For an information booklet (which includes an application form and details of participating banks), or to find out more, call: 0800 585 505 between 08:00 and 22:00, seven days a week. You can also find more information at: www.direct.gov.uk/cdl. Please see 'Special Cases' above if you live on Benefits.

LIFE SKILLS CERTIFICATE ABC LEVEL 2 COUNSELLING CONCEPTS CERTIFICATE

COURSE FEES: £ **350.00**

FEES CAN BE PAID IN TWO INSTALMENTS:

1 st payment due before commencement of Training	175.00
2 nd payment due on first day of training	175.00
In addition, mentoring fees, per half-hour (essential to the Course)	20.00
Supervision fees (if required, per hour)	40.00

PLEASE NOTE: Individual Supervision is optional. Group Supervision is part of the Course. Mentoring fees are essential Course requirements.

A book list and learning resources will be sent to you on enrolment.

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LIFE SKILLS CERTIFICATE - ABC LEVEL 2
COUNSELLING CONCEPTS

COURSE DATES

Courses held at:

LIFE SKILLS CERTIFICATE

Start Date	6 February 2010
	13 February
	20 February
	06 March
	20 March

Please detach

COURSE RESERVATION FORM

Please reserve a place for me on the Life Skills Certificate.

I enclose payment in the sum of £..... and confirm that I have read the Course Requirements. *Cheques should be made payable to: International Reflexology & Life Skills Workshops.*

Please send a receipt to:

NAME.....

ADDRESS.....

.....

POST CODE.....Telephone.....Mobile.....

e-mail:.....

Please remember: deposits are non-refundable – we may not be able to fill your place if you change your mind.

Please send the form, with your selected method of payment to: The Secretary,
International Reflexology & Life skills Workshops, PO Box 7075, New Milton, Hampshire
BH25 9DF. Tel: 01425 639370. www.reflexologyworkshop.com

We look forward to meeting you! Please contact us if you have any queries.
