



**Bucks Adlerian Training**

## **INTRODUCTION TO COUNSELLING SKILLS**

Bucks Adlerian Training is offering a 10 hour/4 week Introduction to Counselling Skills Course on Tuesday evenings in June 2018.

### **What it covers:**

- **Introduction to core counselling skills and theory**
- **Skills and techniques to help you improve your communication and increase your self-awareness**
- **An understanding of relationship building based on the work of psychologist Alfred Adler**
- **A progression route onto further training with BAT or other agencies**

### **Useful for those who:**

- **Wish to gain basic counselling skills to support their work or everyday life**
- **Are thinking of starting out on a counselling career path**

### **When and where:**

- **Tuesday 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> June 2018**
- **7.30pm to 10.00pm**
- **Bucks Adlerian Training - Barton Community Centre, Underhill Circus, Barton, Headington, Oxford OX3 9LS**

**Fees    £100**

### **Tutors:**

- **Jill Reynolds, BSc (Hons); Dip Counselling (ASIIP); MBACP (registered); MASIIP (accredited)**

For all enquiries and booking contact Jill Reynolds on 01280 847853 or email:

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