

PROGRAMME OUTLINE FOR INTER-CULTURAL COUNSELLING SKILLS SHORT COURSES

September 2004 to March 2005 :

Short Courses

There are four short courses which can be taken individually or in any combination.

Aims and Objectives:

- To enhance participants' understanding of the self, to provide an opportunity for personal development and to expand employment opportunities.
- To enable participants to focus on their own skills and knowledge and to identify their style of learning and ways in which learning may be progressively enhanced.
- To use counselling as a tool to initiate understanding and gain an awareness of the issues arising from living in a multi ethnic society.
- To help participants explore what factors may prevent their own learning and to use counselling techniques to highlight blocks to learning and help clear them.
- Participants will learn counselling skills, which are appropriate within a multi-racial context and will be given support to access further professional training.

At the end of the training participants will be awarded credits in accordance with the Open College Network (OCN) guidelines. This will be based on attendance in the experiential group, demonstration of the distance the learner has travelled through the upkeep of a learning journal, self and peer assessment and written work.

Course	Duration	Cost
Inter Cultural Counselling Skills	12 weeks	£125

Unit One:	Counselling Skills
Credits	2 credits at level 3
Content	<ul style="list-style-type: none"> ✚ Exploration of issues of oppression that affect development and learning. ✚ Explore, Psychodynamic, and Person Centred counselling ideas. ✚ Working within an intercultural framework.
Method	<ul style="list-style-type: none"> ✚ Theoretical Seminars, Peer group work. Tutorials, Participation in Experiential group.
Upkeep of a Learning Profile:	<ul style="list-style-type: none"> ✚ Maintain a personal and professional record of significant learning and progress towards self-assigned goals.

Course	Duration	Cost
Attachment Theory – Working with Grief & Loss	12 weeks	£125

Unit Two	Attachment Theory - Working with Grief & Loss
Credits	2 Credits at Level 3
Content	<ul style="list-style-type: none"> ✚ Theoretical seminar exploring John Bowlby’s concept of “Attachment”. ✚ An examination of historical and present day understanding of the grieving process. ✚ An exploration of how a counsellor may assist in the counselling process with a client who has experienced loss or bereavement. ✚ Exploration of issues of difference that may affect the counselling relationship and the experience of the client during loss and bereavement.
Upkeep of a Learning Profile	To maintain a personal and professional record of significant learning.

Course	Duration	Cost
Self Development	12 weeks	£75

Unit 3	Self Development
Credits	1 Credit at level 3

Content	<ul style="list-style-type: none"> ✚ Identify learning need, agree learning objective and set learning contract ✚ Examine frames of reference and how our own can affect our perception of self and others. ✚ Exploration of personal assumptions and beliefs in relation to counselling someone who is different. ✚ an examination of different models of learning, relating it to personal development.
Upkeep of a Learning Profile	<ul style="list-style-type: none"> ✚ To maintain a personal and professional record of significant learning and progress towards self-assigned goals.

Course	Duration	Cost
Working with Trauma & Abuse	12 weeks	£75

Module Four	Working with Trauma & Abuse
Credits	1 Credit at Level 3
Content	<ul style="list-style-type: none"> ✚ Definition of Trauma and the difference between the two concepts. ✚ The physical and psychological manifestations of trauma. ✚ The manifestations of what is known as Post Traumatic Stress Disorder. (PTSD). Discussion of referral sources for people who have experienced trauma. ✚ Exploration of the impact of race and culture on people's experience of trauma and violence.
Upkeep of a Learning Profile	<ul style="list-style-type: none"> ✚ To maintain a personal and professional record of significant learning and progress towards self-assigned goals.

Only for long programme

Experiential group	<ul style="list-style-type: none"> ✚ A non directive forum for exploring and experiencing ways of creating a safe environment, respecting confidentiality, being non judgmental, active listening, learning about self and other. ✚ The consultant to the group's role is to help the group to think and reflect on any unconscious processes emerging. The purpose is to develop trust in, maintaining boundaries within the group and smaller support group context and gain empathic understanding of self and group members.
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Other elements of the course

Individual counselling: Students who have not had any counselling experience will be encouraged to do so. This will be the responsibility of each individual. The co-ordinator may be able to provide details of low cost counselling organisations. The purpose of this is to give participants the experience of being a client.

Peer Groups: will be part of the self and peer group learning and assessment process.

Mentoring: will be provided for students with additional learning support needs.