



THE **Berne** INSTITUTE



## COUNSELLING SKILLS WORKSHOP

~ 3 DAYS ~ ONLINE ~ INTERACTIVE ~

Wednesday 5<sup>th</sup> May, Thursday 6<sup>th</sup> May  
& Tuesday 11<sup>th</sup> May 2021

This workshop provides participants with the chance to practice the basic skills involved in working with others to facilitate change and includes subjects such as: active listening, paraphrasing, mirroring, responding to emotions, managing silence and more.

Days one and two will focus on skills and practice with some theory input, and day three will be a competency assessment.

The Berne Institute Counselling Skills Certificate is an option for those people who fulfil the additional requirements of: 180 hours of study (including Foundation Year and associated written work) and the endorsement of your tutor or Supervisor. For those attending the course *not* currently training at The Berne Institute, evidence of equivalent training will be required prior to attendance at the workshop. Please request a Checklist when booking your place, stating whether you are enrolled on a course at The Berne Institute or elsewhere. All are welcome!

**Cost** £300 for members of The Berne Institute/£350 for non-Berne Institute members.

This course is currently running online due to the Coronavirus and you will be sent a Zoom link once your place is confirmed.

All three days of this workshop will begin at 10am and finish at 4pm, with regular breaks. The course will be co-run by Frances Townsend and Annette Terry.

The course is run by:



**Frances Townsend MSc (TA Psych) CertCouns PGDip (Supervision) CertEMDR TSTA(P)**

is a Teaching and Supervising Transactional Analyst (TSTA) and a UKCP Registered Psychotherapist. She incorporates mindfulness into her practice as a core concept alongside TA. Previously she worked as a volunteer in a youth counselling agency and for Women's Aid, managing refuges for women and children escaping domestic violence. Since 1995 she has built a thriving private practice in Northamptonshire where she sees individuals, couples and groups for therapy and is also a counsellor in NHS Primary Care. Frances runs individual and group supervision sessions and offers training and workshops on personal development, counselling and psychotherapy topics.



**Annette Terry MSc (TA Psych) PTSTA(P)** Annette is a UKCP Registered Psychotherapist, Supervisor and Trainer. She began working therapeutically using Hypnotherapy in 2003 and has since integrated TA, along with other modalities, into her private practice in Leicestershire. She particularly enjoys working creatively and is interested in the energy which is stimulated within groups when they come together to learn.

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For all enquiries and to book your place, please contact our Administrator.  
We look forward to hearing from you.

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