

WHERE AND WHEN?

Weekend 1: Friday 28th & Sat 29th October ' 2022

**Weeknd 2: Friday 25th & Sat 26th November
'2022**

Time: 10 am - 4pm Daily- Bring a packed lunch

**Venue: St Mungos Church : Ladycroft:
Balerno. Edinburgh . EH14 7 AG**

Total Cost: £300 or £150 per weekend.

**To Book a Place : Email Andrea Wigglesworth
andreawig@aol.com. for more information if
interested.**

This course is for anyone who wishes to begin training as a professional counsellor e.g. Church pastors, youth workers, teachers and social workers who are interested in personal transformation, and who may wish to help others.

The course is an Introduction to the Diploma in Integrative Counselling, for those who wish to become professional counsellors. The teaching embraces Theology & Psychology, and there is also a focus on "The Art Of Listening," and The Art of Communication together with Counselling Skills & Interventions.

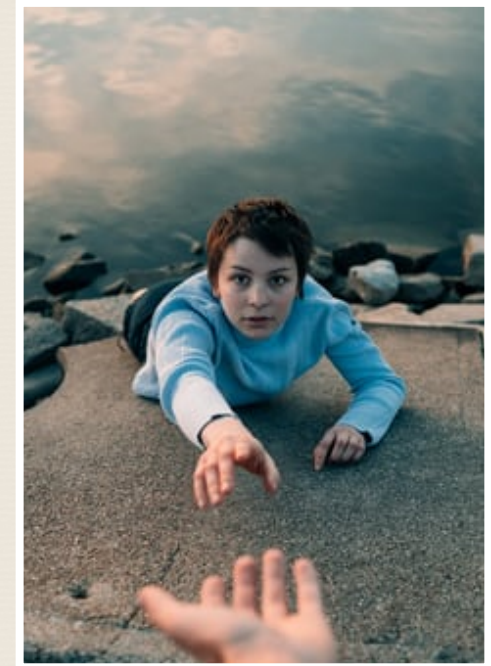
We also recommend completing the new online "Soaring In Your Strengths" course before signing up for this Certificate Course. (4 Modules x 90 minutes)



WWW.VITALCONNEXIONS.ORG



"CERTIFICATE IN COUNSELLING"-A CHRISTIAN PERSPECTIVE



**A FOUR DAY COURSE TO TRAIN
THOSE WHO WISH TO
CONTINUE THE JOURNEY
TOWARDS PROFESSIONAL
COUNSELLING
with
Andrea Wigglesworth &
Vicky McEvoy**





Andrea Wigglesworth and Vicky McEvoy

Andrea Wigglesworth: is an experienced Trainer, Therapist and Supervisor and has many years of experience planting Wellness Centres throughout Scotland. She has an M.Sc. Counselling Studies (Advanced Practice): M.Sc. Health Promotion and Diploma in Supervision..

Vicky McEvoy: is an experienced Therapist, Supervisor and Trainer. Vicky has a MA in Supervisory Practice a B.Th, Higher Dip in Adult Education, and Diplomas in both Counselling and CBT.

Both trainers are also Imago Relationship therapists and train counsellors and pastors to work with couples.

Vital Connexions is the Teaching and Training Consultancy that Vicky and Andrea formed over 25 years ago to offer training in many Counselling related subjects to groups all over Ireland, Scotland, China, South Africa, Egypt, Kuala Lumpur Borneo, Singapore , Vietnam and Cambodia. (vitalconnexions.org)

CERTIFICATE IN COUNSELLING

**He has sent me to bind up the brokenhearted. To proclaim liberty to captives,
To proclaim the favourable year of the Lord.**

Isaiah Chapter 61:1-2



DAY 1- COMMUNICATION, BLOCKS TO LISTENING & ACTIVE LISTENING.

In this module we introduce you to the art of communication and teach you about the 5 levels of communication, communication traps, and defensive stances in communication. We introduce you to a 3 stage counselling model which teaches you: 1. To Explore the world of a client. 2 How to offer insight and understanding. 3. To help the client move on and move forward in a positive way.



Strength For The Journey.



Flourishing and Thriving.

DAY 2- SPIRITUAL & PSYCHOLOGICAL BOUNDARIES: UNDERSTANDING VALLEYS IN LIFE.

Understanding of some important spiritual /psychological boundaries and how boundaries can be too rigid or too diffuse. The ability to move people from their valleys to a new place of hope will be taught and counselling skills of valley mapping, reflection, paraphrasing, active listening all taught through live demos & case work work .



Work life Balance and Balancing energy for tasks.



Strength for Body and Mind

DAY 3- MOVEMENTS OF GRACE

With broken hearts and negative emotions disempowering many people, this module will examine the root of negative emotions. God has created us with amazing potential and resilience. Spiritual truths will give insights and keys to healing the broken heart..

Day 4- CHALLENGE & CHANGE- Skills to bring change.



Post- traumatic growth! Tri- dimensional healing.



Resilience and Positive Psychology.