

WHO IS IT FOR?

This course is for anyone who wishes to begin training as a professional counsellor or those who are interested in healing and transformation, and wish to help others. It would also be of great benefit to individuals involved in pastoral care or who wish to invest in their people management skills within the workplace.

The course is also an introduction to the Vital Connexions Diploma in Counselling for those wishing to become professional counsellors (beginning Sept 2023).

The teaching embraces Counselling Psychology, and Christian principles of tri-dimensional healing. There is also a focus on "The Art of Listening" as well as counselling skills & interventions.

To book your place on this course, please email glasgowvitalconnexions@gmail.com



WWW.VITALCONNEXIONS.ORG



WHERE AND WHEN?

Venue: Queens Park Baptist Church, 20 Balvicar Drive, Glasgow, G42 8QS

1st & 2nd Module: Fri 13th and Sat 14th Jan '23

3rd & 4th Module: Fri 10th and Sat 11th Feb '23

Cost: £300 You will have a face-to-face group experience with discussions, group work and skills practice and after the course will be given access to the videos on the Vital Connexions Learning Platform.



Roslin Macdonald



Jo Turner

Roslin Macdonald has a Diploma in Integrative Counselling and a Diploma in Clinical Supervision & a Certificate in Couples Counselling. She is a highly experienced Counsellor and Registered Practitioner member of COSCA and BACP as well as a Personal and Business Coach, running her own private practice in Glasgow.

Jo Turner has many years experience working with individuals in a health and well-being context, initially within the NHS and more recently as a Counsellor. She has a Diploma in Integrative Counselling and is in the process of gaining an MSc in Counselling Studies. Jo is manager at Life&Soul Counselling Service in Glasgow.

CERTIFICATE IN COUNSELLING SKILLS -WITH A CHRISTIAN PERSPECTIVE

January and February 2023

Face to Face Course

GLASGOW



**A FOUR DAY COURSE TO TRAIN THOSE
WHO WISH TO START THE JOURNEY
TOWARDS PROFESSIONAL COUNSELLING**

**with video teaching by
Andrea Wigglesworth &
Vicky McEvoy**

Facilitators: Roslin Macdonald & Jo Turner





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 20 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.

CERTIFICATE IN COUNSELLING

Are you tired? Worn out? Burned out with religion. Come to me, get away with me and you'll recover life. I'll show you how to take a real rest.

Matthew 11 :28



MODULE 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. How To Explore with a client. 2 How to offer insight and understanding. 3. How to help the client move on.



Strength For The Journey.



Flourishing and Thriving.

MODULE 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 & casework.



Work life Balance and Balancing energy for tasks.



Strength for Body and Mind

MODULE 3&4- MOVEMENTS OF GRACE AND MOVING ON

With many 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. We will open up closed areas of your life and help you to find the turning points to transformation that you can then use with others in order to move forward with confidence.



Post- traumatic growth! Tri- dimensional healing.



Resilience and new skills