

This course is for anyone who wishes to begin training as a professional counsellor or those who are interested and healing and transformation, and wish to help other using a Christian worldview.

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

The teaching embraces Counselling Psychology, Christian principles of tridimensional healing. There is also a focus on “The Art Of Listening” as well as counselling skills & interventions.



[WWW.VITALCONNEXIONS.ORG](http://www.vitalconnexions.org)



WHERE AND WHEN?

Venue: Davidson Mains Parish Church,
1 Quality Street, Edinburgh, EH4 5BB

Dates: Friday 10th March '23 from 2.30pm
to 7.30 pm and Saturday 11th March '23 from
10am - 4pm

and

Friday 14th April '23 from 10am - 4pm

Saturday 15th April '23 from 10am-4pm

Cost: £150 per weekend -total £300

How to apply:

Please go to www.vitalconnexions.org and click on the Course “Certificate in Counselling”. You will find an application form there and payment by credit/debit card through the Vital Connexions Paypal Account.

Places are limited and this is the last Certificate course before the next Diploma in Counselling which starts in September 2023 so book now to reserve your place.

“CERTIFICATE IN COUNSELLING”



**A FOUR DAY LIVE COURSE TO
TRAIN THOSE WHO WISH TO
START THE JOURNEY TOWARDS
PROFESSIONAL COUNSELLING
OR HELP PEOPLE BETTER**

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.

WHAT OTHERS HAVE SAID:

“This training was life changing for me. I came on the course to learn to help others, and it started me on an incredible journey of self discovery and connection with God in a new way”. JL

“I was unsure if I wanted to become a counsellor or continue in my role as a social worker. Having done this little (incredible course) I changed direction and am now doing the Diploma in Counselling” Loving it!! PF

“Everyone involved in helping people should do this helpful course with a Christian worldview. It’s helped me in all my inter personal relationships so much..” AK

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 & case work work .



Work life Balance and Balancing energy for tasks.



Strength for Body and Mind

MODULE 3 AND 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 .



Post- traumatic growth! Tri- dimensional healing.



Resilience and Positive Psychology.