

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.

The course is also an introduction to the Vital Connexions Diploma in Counselling along with “Soaring in Your Strengths” for those wishing to become professional counsellors. (beginning Sept 2023)

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

It is a live face to face course with lots of fun and interaction



To Register please email:

alistephvitalconnexions@gmail.com



WHERE AND WHEN?

Venue: Face to face training in Beersbridge Road Elim Church, Abetta Parade, BT5 5EH

Free Parking is available and tea and coffee.

Bring a packed lunch or restaurants nearby

**1st Module: Fri 17th and Sat 18th February
February 2023- 10am - 4pm daily**

2nd Module: Fri 10th and Sat 11th March 23

Cost: £300 (or £150 per weekend) 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 VC Learning Platform.

Ali Knight and Steph Lowry are members of the BACP and both have a BA(Hons) Degree in Counselling and Psychotherapy. Ali has a thriving private practice in Coleraine and has been part of the Vital Connexions training team for over 8 years. Steph has many years of Pastoral experience and now works full time as a Counsellor and trainer.

Ali Knight

Steph Lowry



“CERTIFICATE IN COUNSELLING- A CHRISTIAN PERSPECTIVE”

February and March 2023

A LIVE FACE TO FACE COURSE

BELFAST



A FOUR DAY COURSE TO TRAIN THOSE WHO WISH TO START THE JOURNEY TOWARDS COUNSELLING and are involved with PASTORAL CARE

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

Facilitators -Ali Knight and Steph Lowry





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 23 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. (www.vitalconnexions.org)

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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

Come and be up-skilled and refreshed in order to more fully help others.....



THEMES THAT WILL BE COVERED

COMMUNICATION, BLOCKS TO LISTENING & ACTIVE LISTENING.

We will 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.

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.



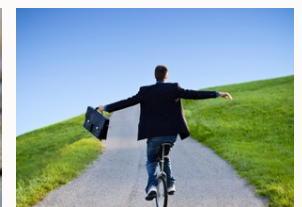
Strength for Body and Mind

MOVEMENTS OF GRACE AND VALUES

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 .



Post- traumatic growth! Tri- dimensional healing.



Resilience and new skills