

**Book your place  
today  
01245 284890**



**CHELMSFORD  
COUNSELLING  
FOUNDATION**

**For a brighter future**

## **INTRODUCTION TO COUNSELLING SKILLS**

**UNDERSTANDING YOURSELF AND OTHERS**

**PSYCHODYNAMIC THINKING IN EVERYDAY  
LIFE**

- Are you considering a career in counselling?
- Would you like to gain an understanding of counselling concepts and skills to enhance your current job?
- Perhaps you're not looking for a career change but are interested in developing your self-awareness and an understanding of other people, in your personal or working life?

**This could be the course for you!**

**INNOVATIVE  
& SUPPORTIVE  
6 WEEK COURSE**

**Course Dates:  
FRIDAYS**

**7, 14, 21 & 28 November  
5 & 12 December**

**Time: 10am - 1pm**

**Cost: £250**

**Location: Chelmsford  
Counselling Foundation**

### **THIS COURSE**

- No previous experience of counselling required.
- May be of interest to counsellors of other modalities.
- No exams or essays.
- Delivered by highly qualified and experienced practising counsellors.

**18 CPD hours**

**For further information or to book your place, contact:  
[lucya@chelmsfordcounselling.org.uk](mailto:lucya@chelmsfordcounselling.org.uk)**

**or visit our website: [www.chelmsfordcounselling.org.uk](http://www.chelmsfordcounselling.org.uk)**



**SCAN ME**