



North Tyneside Council

North Tyneside Council Adult Learning Service  
Course Information Sheet 2019-2020

# Course Information for Health & Wellbeing

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North Tyneside Council

# Dealing with Grief and Loss

## Enrolment Requirements

For more information or to apply ring (0191) 643 2288  
or to apply online go to [www.northtyneside.gov.uk/ala](http://www.northtyneside.gov.uk/ala)

There are no enrolment requirements.

## What will I learn on this course?

Grief and loss are eternal truths with which we all must face but when it happens we can feel like "Beginners" in a strange and frightening new world. Not only do we often find our own feelings hard to deal with at a time of loss but we find it difficult to know how to deal with others who are bereaved.

These sessions will be built around the 2011 film "Beginners" in which John Cusack plays a son who is finding it difficult to deal with the loss of his father.

We will use his story to introduce some of the theories which can help us to understand the nature of grieving and some of the possible strategies which we can use to support those who are walking "the long valley" of bereavement.

## Assessment

Not applicable.

## Awarding body: N/A

## Course Length

5 sessions.

## Attendance

90%.

## What else do I need to know?

Not applicable.

## What could I do next?

The Adult Learning Service has a number of other courses that may interest you:

- Mindfulness
- Introduction to Counselling
- Counselling Skills Level 2.

Please ask your tutor for advice.



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# Improving your Listening and Helping Skills

## Enrolment Requirements

For more information or to apply ring (0191) 643 2288  
or to apply online go to [www.northtyneside.gov.uk/ala](http://www.northtyneside.gov.uk/ala)

No previous experience or qualifications are required.

## What will I learn on this course?

Are you a good listener, someone whom people turn to for support and advice, at work or just within your circle of family and friends?

Just as all workplaces need staff proficient in "first aid", counselling guru John McLeod suggests that they also need people with "embedded counselling" know-how - a repertoire of listening and helping skills which can provide empathic listening and emotional support to support both colleagues and clients/customers.

This course provides an introduction to basics of embedded counselling with topics including:

- What's different about "embedded counselling"?
- How do we listen?
- Confidentiality: What do we mean by "boundaries"?
- How can we create a supportive environment?
- What's the difference between Giving Support and Giving Advice? And does it matter?

## Assessment

Your tutor will assess and record your progress through the completion of short activities and handouts in the sessions.

## Course Length

5 weeks.

## Attendance

It is desirable that you attend all three of the sessions in order to get the maximum benefit from the course.

**What else do I need to know?**

It's hoped that there will be follow-up courses dealing with specific occupations/situations.

**What could I do next?**

Though a "stand-alone" course, it will serve as a good introduction to the skills and techniques used in counselling.

Participants might want to progress to the Certificate in Counselling Skills Level 2. From there, you could move to the Level 3 and then to a HE Degree or Diploma in Counselling Skills which would allow you to work as a fully-qualified paid counsellor.



# Mindfulness Taster & Introduction

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## Enrolment Requirements

For more information or to apply ring (0191) 643 2288  
or to apply online go to [www.northtyneside.gov.uk/ala](http://www.northtyneside.gov.uk/ala)

No previous experience or qualifications are required.

The Taster session is a free session for learners to find out a little more about mindfulness, meet the tutor and see if the course is for them.

## What will I learn on this course?

The Mindfulness Introduction allows you to practice and understand this key idea which is becoming increasingly important in contemporary therapy and life skills. On this brief course you will learn how to:

- Learn to let go and reduce stress and anxiety
- Enjoy the world around us more and understand ourselves better
- Experience things afresh that we may have come to take for granted
- Stop being controlled by repetitive negative thinking patterns
- Celebrate the present rather than regretting the past or fearing the future.

Understand the basics of Buddhism and Eastern spirituality and meet the "Happiest man in the world!"

## Assessment

**Awarding body: N/A**

Your tutor will assess and record your progress through the completion of short activities and hand-outs in the sessions.

## Course Length

1 Taster, 4 sessions.

## Attendance

It is a requirement that you attend 90% of the taught sessions to ensure you have the best chance of getting the most from the course.

### **What else do I need to know?**

You do not need to have any previous knowledge of Mindfulness, Counselling or any forms of spirituality to undertake this course.

**You will complete class activities and worksheets as evidence of your understanding of Mindfulness and its practical applications.**

### **What could I do next?**

Mindfulness serves as a very good introduction to the skills and techniques used in Counselling. Candidates could therefore progress to the Certificate in Counselling Skills Level 2. From here you could move to the Level 3 and then to a HE Diploma in Counselling Skills which would allow you to work as a fully-qualified paid Counsellor.