

Footnote:-

The session will end with a time of relaxation and discussion, and refreshments.

The aim is to learn a little more about active listening skills and to seek out 'best practice' in any pastoral care role or situation.

In order to achieve this, it is necessary to find out a little more about yourself, which can sometimes be a little painful. However, the course will be run in a safe and secure environment with each member of the course looking out for everyone else.

The contents of any discussions will be kept in strict confidence - that is a condition of participation.

**The course is open
to anyone who
wishes to attend**

Details of the course:-

If you require further details, please contact the course tutor at the address below:-

David Kinchin
4 Lavender View
Witney
OX28 1EH

e-mail: david.kinchin@gmail.com

To book your place, please leave your name and contact details with the **Church Office at Witney Congregational Church** weekdays between 9am and noon.

Booking:

Tel: 01993 709992
email: witneycongooffice@gmail.com

Witney Congregational Church

Welch Way, Witney

Listening Skills Course

10.00 to 3.00pm

**Saturday
16th March 2019**

The course is divided into four sections:-

1. Introductions and getting to know you. Discovering more about counselling and listening skills.

2. Facts. Obtaining the facts of a situation and exploring them.
Being non-judgemental

3. Feelings. Understanding each other and how we feel, touching on loss and bereavement.

Unconditional positive regard

4. Solutions. Reflecting on the way forward and possible actions to be taken.

Course content

Each session will include some brief teaching and a considerable amount of practicing the skills learned.

This is a practical course. There will be no “play-acting”. The practical sessions will be about everyday events in the lives of those who attend and nobody will be asked to invent situations or to act out pretend scenarios.

The session will end with a ‘wind-down’ time of relaxation and discussion.

The aim of the course is to:-

Move from

unconscious incompetence

through

conscious incompetence

into

conscious competence.

In other words, it is important to be aware of your existing skills and to adapt and enhance them to make a positive and confident contribution to the Pastoral Care of those in need.

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Course Tutor

David Kinchin is a qualified counsellor, writer and trainer who has been running similar courses and training events since 1992. He has written books and articles on various aspects of counselling and the consequences of trauma.

David has appeared on most of the major terrestrial TV channels and on radio as he has been asked to express his opinions on the care of those in need of pastoral support.