

## Kick-Start your Career...

A career as a **counselling psychologist** can be thrilling and demanding at times, but always dynamic and fulfilling. Our courses offers a path ahead for anyone seeking to assist and better the lives of others.

For people whose job it is to support others, such as those in teaching and learning, advocacy and mediation, mental health and social care work, or other helpful positions, our vocational training may lead to employment or boost employability.



**Counselling and psychology** are relational professions that require an understanding of human interactions, as well as interpersonal and personal qualities, self-awareness, and empathic communication skills. These characteristics are what set our professional courses apart and make them practical and human centered.



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This course is based on a Humanistic and Integrative approach and can be applied across a wide range of counselling and psychology modalities.

# Foundations in Counselling

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This Counselling course is intended for those who want to learn about the duties of a **counsellor** as well as the fundamental abilities needed to become one. There is no need to know anything beforehand. Along with tutor support, readers, assignments, and a study guide. This course has comprehensive and readable course materials.

## For whom?

People considering a career in Counselling. Parents, Teachers, and Childcare workers. People who wish to gain an introduction to Counselling and wish to study at their own pace, and in their own time. Professionals in Healthcare or Social Work



# Course topics

- ▶ Introduction to counselling and psychotherapy
  - ▶ Basic Counselling skills:
    - *Questioning*
    - *Listening*
    - *Interviewing (motivational)*
    - *Nonverbal communication*
  - ▶ Therapeutic orientations:
    - *Cognitive-behavioral therapy (CBT)*
    - *Person Centered Therapy (PCT)*
    - *Acceptance and Commitment Therapy (ACT)*
  - ▶ Integrative therapeutic approaches:
    - *Mindfulness based*
    - *Multicultural based*
  - ▶ Mediation and Negotiation
  - ▶ Counselling in Practice
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## Tutor support

Students have access to a Tutor for the duration of the course. The Tutor is available and provides students with personalised feedback on all assessment work.

## Assessments

Continuous tests and assignments throughout the course  
A “Written Reflection Document” of the student’s journey.  
One practicum-assessment session by a counsellor and supervisor.  
One case study

## Certification

On completion of this customised applied course, learners will receive a certificate of achievement.  
This course has been endorsed by ICC and BAAA Awards

### DURATION

Weekly lectures for 11 weeks (3 months)

### MODE AND PRICES

(Inclusive Course Materials)

Tutor directed /assisted online learning | **EUR 950,-**  
In-company or Face to face delivery | **On request only**  
Monthly installments (on request only) | **On request only**

### LOCATION

The Netherlands, Belgium and Luxembourg (BENELUX)

# Foundations in Human Psychology

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The goal of this course is to give students a basic understanding of the main theories and concepts in **psychology**. It seeks to give students the skills necessary to define and clarify the tenets, ideas, and primary therapies for the main schools of thought in psychology. Additionally, they will learn about the scientific basis of psychology, which includes research activities. This course has comprehensive and readable course materials.

## For whom?

People considering a career in counselling and psychology, people management, teaching, or communications. People in healthcare careers who wish to gain a greater understanding of the human psyche.



# Course topics

- ▶ Introduction to Psychology and Psychological Science
  - ▶ Theories of psychology:
    - *Psychoanalytic psychology*
    - *Behaviorist psychology*
    - *Cognitive psychology.*
    - *Humanist psychology.*
  - ▶ Concepts in psychology:
    - *Attitudes*
    - *Motivation*
    - *Personality*
    - *Feeling and emotion*
    - *Stress and anxiety*
  - ▶ Understanding psychological disorders and therapies
  - ▶ Psychology in Practice
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## Assessments

Continuous tests and assignments throughout the course  
A “Written Reflection Document” of the student’s journey.  
One practicum assessment session by a psychologist and supervisor.  
One case study

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*Education partners:*



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