

WAVE Trauma Centres

5 Chichester Park South
 BELFAST, BT 15 5DW
 Tel: (028) 9077 9922
 Fax: (028) 9078 1165
 Email: admin@wavebelfast.co.uk

6 Malview Terrace
 ARMAGH, BT61 7QQ
 Tel: (028) 3751 1599
 Fax: (028) 3751 1599
 Email: admin@wavearmagh.co.uk

18 Holmview Avenue
 OMAGH, BT79 0AQ
 Tel: (028) 8225 2522
 Fax: (028) 8225 9979
 Email: admin@waveomagh.co.uk

13 Castlecroft, Main Street
 BALLYMONEY, BT53 6TD
 Tel: (028)2766 9900
 Fax: (028) 2766 9900
 Email: admin@waveballymoney.co.uk

23a Bishop Street
 DERRY/LONDONDERRY, BT48 6PR
 Tel: (028) 7126 6655
 Fax: (028) 7126 2643
 Email: admin@wavederry.co.uk

www.wavetraumacentre.org.uk



WAVE

Trauma Training

Listening and Communication Course



Community Relations Council




European Union
 European Regional
 Development Fund
 Investing in your future



A project supported by the European Union's PEACE III Programme managed for the Special EU Programmes Body by the Community Relations Council/Pobal Consortium.

Accredited Open College Network Courses



“Deep listening is miraculous for both listener and speaker, when someone receives us with open-hearted, non judging, intensely interested listening our spirits expand”. Sue Patton

Who is the course targeted at:

Anyone who wishes, to improve their communication and listening skills, not only in the helping relationship but also in our everyday interpersonal transactions.

What is involved?

This course will run for 8 weeks with each session lasting 3 hours.

Requirements for course accreditation are:

Participants will be required to complete a ‘Structured Journal’ identifying and describing how the application of good listening and communication skills play an important part in the helping relationship.

Participants will be encouraged to learn through a range of activities including role-play, creative exercises and group work to support their learning.

Successful participants will be awarded a Level 2 accreditation with the Open College Network.

Each course will have no more than 14 participants.



Course Content

- Introduction – beginnings.
 - Qualities of a good listener.
 - Attentiveness.
 - Self-awareness.
 - Listening to and understanding non-verbal behaviour.
 - Different forms of communication.
 - Who makes the best communicators and listeners.
 - Silences.
 - Meaning of words.
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