

Advanced Counselling Skills Course

Duration: 6 months

This course is delivered 1 day per fortnight for 6 months. Extra-curricular assignments include a personal journal, 2 presentations on a counselling related topic and a book review.

This course is designed for participants who already have some basic knowledge of counselling skills and who wish to expand upon their knowledge and skills base. This six month course will provide participants with a strong theoretical and experiential base in counselling skills and practice. Emotional safety and ethical practice will enable students to support colleagues with more complex problems in the work place.

Upon completion of this course, participants will be able to use knowledge gained to understand and help others in more depth within a work or personal setting. Participants will also gain insights into their own ingrained behaviour, attitudes and feelings.

Building on existing skills, this course will enable participants to help colleagues in difficulty at work and in their personal lives, making for a less stressed work force.

Who should attend this course?

The course is designed for employees wishing to expand upon their existing inter-personal skills and who are actively involved in dealing with people and their problems. Individuals are required to have previously attended a basic counselling skills course.

Course Objectives

- To develop a confident theoretical base, in order to draw upon this knowledge in a counselling situation
- To understand the nature of emotional processes
- To explore defence mechanisms and their function
- To attain clarity about difficulties in the counselling relationship
- To discover limits to helping others
- To understand and maintain boundaries and to explore difficulties inherent in the same

Course Outline

- Confidentiality
- Humanistic and Psychodynamic theory
- Code of Ethics
- Advanced Techniques and Skills
- Self exploration
- Supervision and safe practice