

# Introduction to Counseling Skills

**Duration: 2 days**

In a society where relationships and family interaction are increasingly disconnected and alienating, talking to a skilled listener can alleviate stress and tensions. Counselling provides a safe space to explore life's problems in depth; promoting self awareness, understanding and facilitating difficult decision making processes. It is essentially a bridge between an individual, their internal conflicts and their world.

Counselling is not an easy option, nor does it provide easy answers. To enter the emotional world of another requires stability, sensitivity, empathy and courage. The use of counseling skills involves being willing to enter a process of self awareness as a practitioner in addition to the procurement of specific relational skills.

This course is designed to equip students with the knowledge and experiential learning that is necessary for effective listening and safe practice. Since the process of becoming a counselor involves extensive training, this course teaches basic, effective skills, which can be utilised on a short term basis.

## Who should attend this course?

The course is designed for any employee actively involved with staff and their welfare.

## Course Objectives

By the end of the course participants will be able to:

- Attain cognitive and experiential skills applicable to relationships
- Understand the nature of confidentiality
- Become aware of boundaries and limits
- Develop intuitive practice
- Achieve clarity in situations of complexity and difficulty
- Enter a process of self exploration

## Course Outline

- Theoretical knowledge
- Safe Practice
- Exploring counseling relationships
- Confidentiality and the law
- Counselling techniques
- The importance of supervision
- Acknowledgement of feelings
- When to refer on to a professional