



COURSE OUTLINE

COURSE TITLE: Counselling skills

COURSE LEVEL: 3

DURATION: One day

Introduction

Counselling is the most basic way of starting to work more formally and therapeutically with children and young people. Counselling skills can be used in a variety of situations and can inform and assist our work in a variety of ways.

Benefits of Attending

The skills and knowledge gained in attending this course will help in all areas of our work and will make work more effective and clearly help young people achieve better outcomes in their lives.

Programme Highlights

- Develop listening skills
- Develop non verbal communication skills
- Understand how to help people talk more easily and be able to intervene effectively.

Who Should Attend

Any person wishing to develop their therapeutic skills when working with children and young people

Special Notes

There are a number of higher qualifications in counselling and a short course of this nature is ideal preparation for one of these courses. Alternatively it will stand in its own right as basic course.

Counselling skills

Learning outcomes

- To assist the learner to know the difference between counselling and counselling skills and be able to define basic counselling skills
- Be able to use basic counselling skills
- Be able to apply counselling skills appropriately to loss and grief

Introductions. (15 mins)

Session 1. (1 hour) Understanding counselling

- What is counselling and what are counselling skills
- When do you use counselling skills
- Who uses counselling skills

Coffee. (15 mins)

Session 2. (1 hour) Basic counselling skills

- Why do people come to someone with counselling skills
- Active listening, attention giving, questioning, paraphrasing, observing, reflecting, summarising

Lunch (1 hour)

Session 3. (1 hour) Basic counselling skills

- Relationship building
- Empathy, unconditional positive regard, genuineness
- Using the skills

Coffee (15 mins)

Session 4. (1 hour) Apply counselling skills appropriately to loss and grief

- Understanding loss and grief
- How to work with loss and grief

Any Questions (15 mins)

Close