



INTRODUCTION TO COUNSELLING SKILLS

Developing a working alliance between practitioner and client, facilitating a deeper understanding of concerns and difficulties, and helping identify and act upon potential for change and growth – supporting people to undertake these can demand a high level of skill on the part of the professional working with them. Counselling skills can be beneficial for all professionals who work either directly with individuals and families, or support and supervise others to undertake such work.

This one-day workshop is designed for practitioners from a variety of settings, e.g., health, social services, voluntary sector, police, probation and youth offending teams, who recognise the need to develop their skills to provide a supportive service to those they come into contact with.

By the end of the workshop, attendees will have gained an understanding of the following counselling skills and related issues, which they will then be able to apply within their work environment:

- Contracts and boundaries
- Counselling skills and counselling – similarities and differences
- Body language and non-verbal communication
- Listening skills
- Developing a good working alliance
- The core conditions
- Use of questions
- Listening to feelings
- Support networks

The day will consist of tutor input, small and large group discussions and experiential exercises, which will encourage and facilitate a rich learning experience in a safe and supportive environment.