



Essential Counselling Skills

9 – 10 December 2020

Introduction

Being able to effectively apply counselling skills is a valuable asset for any career that involves helping and guiding others. This course focuses on the helping process and the development of individual self-awareness in the helping relationship. It provides clear and employable insights, such as, building self-awareness, useful engagement tools, and ethical considerations in the process.

Whether it is in the healthcare setting, education, social work, human resource, or any area of work that involves people development, it seeks to equip you with the skills to be effective in improving the quality of life of others.

Course Objectives

You will learn the essential nuts and bolts of counselling, from understanding what counselling is, to acquiring effective counselling skills, and applying a problem-solving structure to facilitate positive intervention. Different methodologies including role plays will be used to bring home the range of counselling skill sets.

Course Outline

- Introduction to Counselling
- Person of a helper: Building self-awareness
- Seven Principles of Casework
- Basic Attending Behaviours
- Basic Listening Skills
- The Problem Solving Approach (PADI)
- Role play
- Reflection

Teaching Faculty

Esther Chan Shin Nee Principal Medical Social Worker Singapore General Hospital	Low Hui Ching Principal Medical Social Worker Singapore General Hospital
Tan Lee Ling Senior Medical Social Worker Singapore General Hospital	Patricia Jin Huixia Senior Medical Social Worker Singapore General Hospital

Course Details

Date	: 9 - 10 December 2020
Duration	: 2 half days
Time	: 9.00 am – 12.30 pm
Platform	: Zoom Cloud Meetings
Device required	: Laptop/ Desktop
Fee	: S\$ 230 (SingHealth) S\$ 260 (Regular) (inclusive of 7% GST) With VCF Funding* : S\$ 182 (Singaporean/PR) S\$ 221 (WP/EP/S Pass Holder)

**For NCSS member agencies and MSF-funded agencies only. Should PGAHI's reimbursement from NCSS be unsuccessful, the balance of course fees will be billed to the participant's organisation.*

Target Audience

Healthcare Professionals

Registration

To register, scan the QR code or click on the web link. Registration closes on **18 November 2020, Wednesday**.



<https://tinyurl.com/y22pqgvo>

Upon registration, you agree to the following [Terms & Conditions](#).

Maximum number of participants: 18

*This course will be conducted via Zoom Cloud Meetings app. For ease of accessing the course, please **download the Zoom Cloud Meetings app**.*

Details of the meeting link will be sent to successful registrants nearer the course date.

Quick Links

- [FAQs](#)
- [PGAHI Programmes](#)
- [Training Calendar and Directory](#)