Essential Counselling Skills
14 – 15 November 2023

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 participants with the skills to be effective in improving the quality of life of others.

Course Objectives

Participants 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

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Course Details

Date	:	**14 – 15 November 2023**
Duration	:	**2 half days**
Time	:	**9.00 am – 12.30 pm**
Class size	:	**20**
Device required	:	**Laptop/ Desktop** *(with microphone, speaker and webcam)*
Platform	:	**Zoom Cloud Meetings** *(Meeting details will be provided at a later date)*
Fee	:	**S$ 410** (SingHealth) **S$ 450** (Regular) *(the prevailing GST applies)*

Target Audience

Healthcare Professionals

Registration

To register (Internet access is required), scan the QR code or click on the web link. Registration closes on **18 October 2023, Wednesday.**

https://www.form.gov.sg/64ccb2ce0b8c940012e565b1

Upon registration, you agree to PGAHI **Terms & Conditions**.

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Uniti Curamus, Semper Discimus - Together We Heal, Forever We Learn