



# Essential Counselling Skills

## 8 – 9 March 2021

### 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**  
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### Course Details

Date	: 8 – 9 March 2021
Duration	: 2 half days
Time	: 9.00 am – 12.30 pm
Class size	: 18
Device required	: Laptop/ Desktop (with microphone, speaker and webcam)
Platform	: Zoom Cloud Meetings (Meeting details will be provided at a later date)
Fee	: S\$ 230 (SingHealth) S\$ 260 (Regular) (inclusive of 7% GST)

### Target Audience

Healthcare Professionals

### Registration

To register, scan the QR code or click on the web link.  
Registration closes on **9 February 2021, Tuesday**.



<https://tinyurl.com/yxuynx7b>

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

### Quick Links

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