

# counselling

Study Hours: 100 hours  
Assignments : 8  
Examinations: 1



Counsellors provide guidance for clients and a support system, rather than working with the deeper levels of the psyche.

This course helps you develop your ability to support or counsel others through the processes of personal growth and change.

## COURSE STRUCTURE – self directed learning

1. Learning Specific Skills
2. Listening and Bonding
3. Reflection: Paraphrasing
4. Questioning - Open and closed questions; other types of questions; goals of questioning
5. Interview Techniques - Summarising; confrontation; reframing
6. Changing Beliefs and Normalising
7. Finding Solutions
8. Ending the Counselling

The skills and knowledge gained from this course can help you help others overcome limiting thinking and replace feelings of helplessness with productive behaviours such as goal-setting.

## LEARNING AIMS FOR THIS COURSE INCLUDE:

- Explain the processes involved in the training of counsellors in micro skills.
- Demonstrate the skills involved in commencing the counselling process and evaluation of non-verbal responses and minimal responses.
- Demonstrate reflection of content, feeling and its appropriateness to the counselling process.
- Develop different questioning techniques and to understand risks involved with some types of questioning.
- Show how to use various micro-skills including summarising, confrontation, and reframing.
- Demonstrate self-destructive beliefs and show methods of challenging them, including normalising.
- Explain how counselling a client can improve their psychological well-being through making choices, overcoming psychological blocks and facilitating actions.
- Demonstrate effective ways of terminating a counselling session and to explain ways of addressing dependency.




- ▶ This course is delivered by self paced learning with tutor support.
- ▶ You receive a comprehensive set of course notes and assignments.
- ▶ You have 6 months from date of enrolment to complete the program and assessments.
- ▶ A Certificate is provided on successful completion.

- ✓ Comprehensive training materials
  - ✓ Self development and new skills
  - ✓ Tutor support
- PLUS, CPE Point Approved with ATMS (30 points)**

Course fee  
**ONLY \$595**

NSW SCHOOL *of* MASSAGE

 **(02) 9283 2588**