

EXAMPLE COURSE OUTLINE

SESSION 1

The Difference between Listening Skills and Normal Conversation

SESSION 2

Mirroring/Reflecting as a Response to Clients

The Skilled Helper - Egan Stage 1

SESSION 3

Roger's Core Conditions

Paraphrasing/Summarising

WORKSHOP (6 HOURS)

Communication, Self-awareness

Counselling Theories

SESSION 4

Individual, Social and Cultural Pressures that affect Helping Relationships

Language within the listening relationship

SESSION 5

Egan Stage 2

Using Silence as a Skill

Referrals

SESSION 6

Developing the Working Alliance and Maintaining the Helping Relationship

SESSION 7

Supervision and Support

Immediacy/Using Self and Own Feelings

Safety Issues

SESSION 8

BACP Ethical Framework for Good Practice

The Qualities of a Skilled Helper
Boundaries and Health and Safety of Client and Helper

SESSION 9

Models of Loss and Change, Referrals
Skills for Ending the Relationship

SESSION 10

Biases, Prejudices and Value Systems
Equal Opportunities and Cultural Diversity
Egan Stage 3

SESSION 11

Endings as an Integral Part of the Helping Process

SESSION 12

Moving On & Endings