

# 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