

Everyday Counselling Skills



WAAMH

Western Australian Association
for Mental Health



15 + 16 April 2021



9am – 4.30pm



VENUE:
Workzone Building
Training room, Level 1,
1 Nash Street, PERTH



\$390 - Full members
\$440 - Associate members
\$490 – Non-members

Scholarship places available



Custom courses available
for workplaces. Talk to
our training specialists
about a suitable course
for your staff.



 @MentalHealthWA

 @TheWAAMH

Face to Face Learning

The two-day Everyday Counselling Skills course provides participants with the opportunity to practice using a range of tools that can be applied to a wide range of issues, in their practice as well as in their daily lives.

Many non-counselling professionals find themselves in day-to-day situations where they are called to support another person emotionally, such as responding to someone experiencing distress, anger, confusion, anxiety and or fear.

This course will support:

- Understand what is meant by 'everyday counselling' as distinct from formal counselling.
- Have a working knowledge of the Stages of Change model and understand when to refer.
- Build skills including relationship-building, communication, strategic questioning and feedback.
- Provide solution-focused responses and strategies and encourage help-seeking where appropriate.
- Engage in brief interventions using the Frames model to support clients.
- Integrate their learning from this course into their practice and/or their own lives.

Participants will learn how to establish and build safe and positive relationships and provide solution focused responses, as well as providing brief interventions and understanding when to refer.

Catering and light refreshments are provided for this course

TRAINING INCLUDES:

Qualified & experienced trainer
Personalised certificate
Quality resources to keep

TARGET AUDIENCE:

Suitable for staff who want to
be emotionally supportive in
their work or in their personal
roles.

Contact us to register



waamh.org.au



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