

## **Counselling Skills Programme**

Counselling is a process that assists an individual in learning about themselves, their environment and ways to handle their roles and relationships. It can focus on decision-making in the work situation, or on the resolution of personal concerns. Learning about it is essential for anyone who seeks to contribute to the well-being of individuals or teams.

### **AIM:**

To encourage and enable all staff whose work involves some element of helping others, either to achieve their work performance or career development or resolve personal or interpersonal difficulties.

The programme can respond to the needs and wishes of participants but it directly address the essential elements which must be present if any counselling session is to be effective e.g. sympathy, positive regard, responding skills.

### **OBJECTIVES:**

By the end of the programme participants will have:

- Deepened their understanding of the process of counselling.
- Considered the relationship between those using counselling skills and those receiving and examined the dimensions that occur.
- Identified and practised some of the skills of counselling.

The approach is participative and practical. Structured exercises and role playing will be used.

Interface Training Ltd. accredited trainers also offer the COSCA Counselling Skills course Modules 1 – 4. Further details about the modules can be found at [www.cosca.org.uk](http://www.cosca.org.uk) .

*Bookings and further information about this and all the other training programmes offered by Interface Training Ltd. can be obtained from Maggie Murray Harris (Director), Interface Training Ltd. - Telephone: 0131 554 2892 (office) / 07711 703810 (mobile) or E-mail: [maggie@ukgo.com](mailto:maggie@ukgo.com)*