



Dempo Charities Trust's

DHEMPE COLLEGE OF ARTS & SCIENCE
Miramar, Panaji-Goa

Certificate Course in Counselling Skills

Course objectives:

1. To develop an understanding about the basics of counselling, including its theory and practice
2. To develop an understanding about the role and responsibilities of a counsellor in various settings
3. To develop the key skills for an effective counselling relationship.
4. To develop an understanding about different styles of counselling.

Course contents:

- Module 1: Looking forward to being a counsellor
- Module 2: Introduction to Mental Health and Mental Illness
- Module 3: Introduction to Counselling
- Module 4: Core skills in Counselling
- Module 5: Attending Skills
- Module 6: The Counselling Process-From initiation to termination
- Module 7: Special Considerations in the Counselling Process
- Module 8: Approaches to counselling
- Module 9: Learning Review

Course outcome:

1. An understanding of fundamentals of counselling process and building the counselling relationship.
2. Acquiring the counselling skills and intervention strategies to perform counselling in a safe environment.
3. The ability to practice skills, and handling clients competently and professionally.

COUNSELLING RELATIONSHIP

Sangath, Goa

22nd- 27th 2017 (10 AM-5PM)

TIME TABLE



| TIME | SESSION | LEARNING OBJECTIVES | TUTOR(S) |
|--------------|--|--|-----------------------------------|
| DAY 1 | | | |
| AM | Introduction | <ul style="list-style-type: none"> To introduce the course To introduce the tutors and course participants | Abhijit Nadkarni Urvita Bhatia |
| | Pre-training evaluation | To evaluate participants' knowledge of counselling | |
| | Understanding mental illness I | To understand presentations of various mental health problems | Abhijit Nadkarni |
| PM | Understanding mental illness II | To understand presentations of various mental health problems | Abhijit Nadkarni |
| AM | Participant presentation | Summary of previous day's teaching by participant | |
| | Understanding counselling | What is meant by counselling? What is the difference between counselling and a friendly chat? | Urvita Bhatia |
| | Basic counselling skills I | To understand the key skills for developing an effective counselling relationship <ul style="list-style-type: none"> Warmth Empathy Genuineness | Urvita Bhatia |
| PM | Basic counselling skills II | To understand the key skills for developing an effective counselling relationship <ul style="list-style-type: none"> Listening skills Reflection Questioning skills | Abhijit Nadkarni |
| AM | Participant presentation | Summary of previous day's teaching by participant | |
| | Basic counselling skills III | To understand the key skills for developing an effective counselling relationship <ul style="list-style-type: none"> Affirmation Summaring | Abhijit Nadkarni |
| PM | Styles of counselling | To understand the difference between directional and directive counselling | Urvita Bhatia |
| | The right conditions for getting started | <ul style="list-style-type: none"> To learn how to prepare ourselves for the counselling session To learn how to greet the patient and introduce ourselves | Urvita Bhatia |

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| | | <ul style="list-style-type: none"> To learn how to talk about confidentiality | |
| AM | Participant presentation | Summary of previous day's teaching by participant | |
| | Managing crises | <ul style="list-style-type: none"> How to assess suicide risk How to manage suicide risk How to manage domestic violence | Urvita Bhatia |
| PM | Involving family | <ul style="list-style-type: none"> Why do we need to involve an SO in counseling? What are the situations in which we will need to involve an SO in counseling? How to involve an SO in counseling What are the necessary precautions while involving an SO in counseling? | Abhijit Nadkarni |
| AM | Participant presentation | Summary of previous day's teaching by participant | |
| | Problem Solving | To understand the basics of Problem Solving Therapy | Urvita Bhatia |
| PM | Motivational Interviewing | To understand the basics of Motivational Interviewing | Abhijit Nadkarni |
| Day 6 | | | |
| AM | Participant presentation | Summary of previous day's teaching by participant | |
| | Behavioural Activation | To understand the basics of Behavioural Activation | Urvita Bhatia |
| PM | Maintaining Boundaries and Preventing Burnout | <ul style="list-style-type: none"> To understand how to maintain boundaries with patients To understand how to take care of ourselves as counsellors | Abhijit Nadkarni |
| | Pre-training evaluation | To evaluate participants' knowledge of counselling | |