

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.

Dempo Charities Trust Dhempe College of Arts & Science Miramar, Panaji-Goa

Attendance - Counselling Skills

Sr.No.	Name of the student	Dates					
		22-05-2017	23-05-2017	24-05-2017	25-05-2017	26-05-2017	27-05-2017
1	Alisha Mucktarali Gilani	Milant	Mary	Milain	Polane	Adam	Mani
2	Ranjana Ramesh Ajgaonkar	pritin	Moder	Agant at	Marker	Russe	San .
3	Snehal Santosh Verenkar	3	3		-	3	27
4	Carol Ann D'Souza	Cours	Mouse.	Troops	Days.	Means.	
5	Priyanka Rodrigues	March	alexed.	July 12	Na	Tien	de de
6	Sibyl Fernandes	Jak .	1 de	A second	AND	Jack .	1
7	Faye Pinto		V			-0	24
8	Pranjali P. Dessai	A SECTION AND ADDRESS OF THE PARTY OF THE PA	J. Commission	A marie	James .	Jan San San San San San San San San San S	Jan San San San San San San San San San S
9	Mita G. Naik	Maily	Alail3	Mail	allow	ant	Waite
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11	Ameya P. Tari	Hori-	Atran	1	Atray	Auto	Attou
12	Elaine Neila Fernandes	fund.	firms.	Flins	Car	toul	Frans.
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14	Karenina Deta Cotta		Bered Litte	Kerenjoeter	- 11	Kertenjivletter	Knolinger
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21	Andrea Marie D'Souza	De souzo	1 Sons	> Alsongo	Aleon 2+	Seuza	Dropl
22	Anupa Akre	MA	NA.	NY.	At.	TA.	AN
23	Calvin Monteiro	Calin	Call	Cully !	(MIN)	while	(Juist
24	Nishtha Desai	N. Dury	Word	Nhund	H-Des	Hidery	Men
25	Maitieyi Sawant	Cawant	Bawant	Baran	Sawant	tuwan'	Pawad
26	Ashish S. Naik	ACIE.	Man .	Deant	MANIE	But.	MAGN

COUNSELLING RELATIONSHIP

Sangath, Goa

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

TIME TABLE





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M	Introduction	THE RESERVE THE PROPERTY OF THE PARTY OF THE	TUTOR(S)
	introduction	To introduce the course	Abhijit Nadkarni
	D/Seyson Sandan	To introduce the tutors and course participants	Urvita Bhatia
	Pre-training evaluation	To evaluate participants' knowledge of counselling	Civila Briatia
	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		A STATE OF THE PARTY OF THE PAR
	presentation	Summary of previous day's teaching by participant	The state of the s
	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 Warmth Empathy Genuineness	Urvita Bhatia
PM	Basic counselling skills II	To understand the key skills for developing an effective counselling relationship Listening skills Reflection Questioning skills	Abhijit Nadkarni
AM	Participant presentation	Summary of previous day's teaching by participant	建筑过度收益。15. 25
	Basic counselling skills III	To understand the key skills for developing an effective counselling relationship • Affirmation • Summarising	Abhijit Nadkarni
PM	Styles of counselling	To understand the difference between directional and directive counselling	Urvita Bhatia
	The right conditions for getting started	To learn how to prepare ourselves for the counselling session	Urvita Bhatia
		To learn how to greet the patient and introduce ourselves	

	· (2011年1月1日)	To learn how to talk about confidentiality						
АМ	Participant presentation	Summary of previous day's teaching by participant How to assess suicide risk Urvita Bhatia						
	Managing crises	How to manage suicide risk How to manage domestic violence	Abhijit Nadkami					
PM	Involving family	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?	Aphijit Naukarii					
		The state of the s						
AM	Participant presentation	Summary of previous day's teaching by participant	Urvita Bhatia					
PM	Problem Solving Motivational Interviewing	To understand the basics of Problem Solving Therapy To understand the basics of Motivational Interviewing	Abhijit Nadkarni					
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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	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						