



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.