



Dempo Charities Trust's

DHEMPE COLLEGE OF ARTS & SCIENCE  
Miramar, Panaji-Goa

## Certificate Course in Counselling for Alcohol Problems

### Course objectives

1. To develop an understanding about the basics of de-addiction counselling, including its theory and practice
2. To develop an understanding about the role and responsibilities of a counsellor in de-addiction 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: Core skills in De-Addiction Counselling

Module 4: The Counselling Process-From initiation to termination

Module 5: Special Considerations in the Counselling Process

Module 6: Approaches to counselling

Module 7: Learning Review

### Course outcome

- Participants will develop an understanding of fundamentals of counselling process and building the counselling relationship.
- .Participants will acquire the counselling skills and intervention strategies to perform counselling in a safe environment.

- Participants will develop the ability to practice skills, and handling clients competently and professionally.