

BASIC COUNSELLING SKILLS COURSE

This is a one day foundation course for practitioners working in health and social care settings with people with mental health needs.

This course will give staff basic information in counselling techniques, focusing on listening skills, empathy, reflection, gaining relevant information, consolidating and reflecting back information to service users.

This course will cover basic techniques of intervention, focusing on the use of the approach developed by Gerald Egan, in 'The Skilled Helper'- a systematic approach to effective helping.

This course will enable practitioners to feel more confident in assessing and working with people with mental health difficulties and in using effective communication techniques; also to gain more information about people with the more serious mental illnesses which they meet in the course of their work.

We will also address ways of working with service users looking at motivation, and working in a constructive way to enable people to build their confidence in terms of eventual independent living skills.

**Jessica Mckoen,
Mental Health Trainers 2008**

