

COUNSELLING SKILLS FOR THE ACCIDENTAL COUNSELLOR

Date: Tuesday 26th February

Time: 0900-1600hrs

Location: NCHER, Level 1, Tutorial Room 4

About the Program

In your workplace, or personal life, do you connect with people, clients or customers who are sometimes upset, distressed, sad, hurt, and lonely or simply need someone to listen to them? If you're not a trained counsellor, it may be difficult to manage these situations with confidence.

Accidental counselling refers to situations where emotional support is given by one person to another person and where the person giving support is not a trained counsellor.

The workshop is practical and interactive and you will develop skills in the following areas:

- | | |
|--|---|
| ✓ Effective listening skills | ✓ Asking the right questions |
| ✓ Empathetic communication | ✓ Focusing others towards solutions |
| ✓ Positive body language | ✓ Setting boundaries |
| ✓ Assisting others to consider new possibilities | ✓ Restraining the urge to 'fix' anyone, or solve another person's problem |

About the trainer

Linda Wilson is a qualified, practicing counsellor in private practice and an experienced facilitator. She has worked with thousands of people to help develop their personal and professional skills.

Linda has over 20 years' experience within the business sector and private practice.

Course Fees

Northern Health SHRFV **Go To Resource** Team Members: Free

Northern Health/Non Northern Health Staff: \$135.00

Includes information pack, morning/afternoon tea and lunch

Places are limited so please register to secure your spot.

Registration

Complete this form and return it to [Strengthening Hospital Response to Family Violence Team](#) by **11th February 2019**

Study Leave does not guarantee a place. An outcome email will be sent to the email address provided on the form.

Terms & Conditions

Applicant Name: [Click here](#)

Email address: [Click here](#)

Unit/Department: [Click here](#)

Employee Number: [Click here](#)

Mobile Number: [Click here](#)

Study Leave Approved? Yes No

NUM/Manager Name: Name here

Signature : Sign here.

(not required if coming in own time)

- All fields must be completed
- Northern Health will make every attempt to provide the program as outlined, however reserve the right to change or cancel the program.
- Contact [Strengthening Hospital Response to Family Violence Team](#) or **8405 8519 / 0401 670 515** if you have not received an email within 1 week of sending your registration form