

Consortium for Social Development and Research Social Work Training and Research Centre

COUNSELLING TECHNIQUES FOR THE HELPING PROFESSIONAL

This course was developed to strengthen the knowledge and skills base of social workers/officers and affiliated professionals in psychosocial counselling as a means of empowering clients to achieve specified life goals. At the end of the course, participants will be equipped with the competencies to work effectively with clients utilizing appropriate counselling principles and techniques.

The following areas will be covered:

- Crisis Intervention Counselling
- Preventive Counselling
- Individual Counselling
- Family Therapy (and Self-help Group)
- Providing Advice and Information

At the conclusion of the training, participants will be able to:

1. share, with insight, their knowledge and understanding of their self-identity.
2. utilise basic relationship communication skills both in counselling with clients and in their relationship with others
3. demonstrate skills in psychosocial counselling while integrating other theoretical orientations.
4. plan and organize for different levels of preventive counselling.
5. apply appropriate principles and techniques while counselling with individuals, families and groups.
6. implement crisis intervention counselling skills based on their understanding of different types of crises and stages of a crisis.

Contact Hours: 63

Certificate type: Achievement and 6.3 CEUs

Continuing Education Units (CEUs) are awarded
what are CEU's? <https://www.open.uwi.edu/cpec/about-ceu>