



# INTRODUCTION to MICRO COUNSELING

NATIONALLY RECOGNISED & INTERNATIONALLY ACCREDITED

## OVERVIEW

In this programme you will briefly consider the core communication skills of counselling. The fundamental skills that alone or together can help a client to access their deepest thoughts or clarify their future dreams.

The skills we will examine here are attending skills, basic questioning skills, confrontation, focusing, reflection of meaning and influencing skills. Many will be familiar with the skills-development-matrix which illustrates the learning stages of skill development in four phases:

1. Unconscious incompetence
2. Conscious incompetence
3. Conscious competence
4. Unconscious competence

# WHAT YOU WILL ACHIEVE

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Upon the completion of this course, you will be able to:

- Basic concepts in counseling, functions of the helper in various professional work settings.
- Introduction to helping skills (a primary emphasis of this course)
- Helping skills.
- Counselor and consultant characteristics and behaviors that influence the helping process.
- Importance of self-awareness (struggles, anxieties, and uncertainties of helpers.
- Counseling techniques and approach.
- Ethics and standards of the profession.

# METHODOLOGY

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Well-balanced theoretical and practical methodology, which includes interactive discussions, case studies, interactive activities/exercises and assignments to understand the concepts and their applicability

# FEE

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**USD 2,150 per person**

**Group Discount:**

- 2-4 pax : 2.5%
- 5-7 pax : 5%
- 8-10 pax : 10%
- 11-13 pax : 15%
- 14-16 pax : 20%

**\*\*\*All prices are VAT inclusive.**

**Fee Includes:**

- 5-Day Training
- Nationally Recognized and Internationally Accredited Certificate of Completion
- Module Notes and Stationary
- Tea/Coffee Breaks
- Working Lunches

**\*Note:** all other expenses are to be borne by participants.



# WHAT YOU WILL LEARN

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## **Module 1: Building the Foundation**

- Introduction to Counseling and Interviewing
- Ethics and Professional Responsibilities
- Understanding Your Clients – The Clinical Interview
- Introduction to Issues of Diversity

## **Module 2: Interviewing and Developing a Relationship**

- Beginnings: The initial Interview
- Interviewing and Counseling Skills
- The Nature of Counseling Relationship
- The Ethics of Self-Disclosure

## **Module 3: Ending and Professional Issues**

- Ending
- Varieties of Counseling Situations
- Using Counseling Skills that Works
- Growing a Counseling Professional

Each module focuses on clear objectives and skill demonstrations that can be easily linked to real life instances.