

Introduction to Counselling Skills
Semester 2: Week 8 26th March 2019

Reviewing the skills in the
‘toolbox’

SCHEDULE

☐ TOMORROW Wednesday, 27th 9:30-12:30 Skills Sessions –
NO THURSDAY SESSION 28TH MARCH

☐ Tuesday, April 30th Practical Skills 9-12pm – Last formal class

☐ Thursday, May 2nd Skills Assessment Day 9-5pm

☐ Tuesday, May 7th ASSESSMENT Reflective Commentary
23:59PM

AIMS

- REVIEW
- ASSEMENT OVERVIEW
- REFLECTIVE COMMENTARY PPT
- THURSDAY SKILLS SESSION & FINAL PAIRINGS
- TUESDAY – 2ND APRIL CLASS

SO WHAT IS IN THE TOOLBOX



Working empathically

- How does this manifest itself within the therapeutic relationship?



- ATTENDING SKILLS – SOLER
- CONTRACTING - BOUNDARIES
- REFLECTING SKILLS
- USE OF QUESTIONS
- RECOGNITION OF EMOTIONS - IMMEDIACY
- METAPHORS – HUNCHES
- GOAL SETTING
- WHAT ELSE?

Miracle Questions

- These can really help a client to focus.
- For example:
 - If you had a magic wand and waved it now, how would everything look?
 - If you woke up tomorrow morning and everything was different, what would that look like?
- What do you think you need to do in order to achieve this?

Goal Setting



Goal Setting with clients

- Once the client has decided which area they would like to develop, we can then support them in setting goals.
- The aim of goal setting is to explore and consider different strategies that enable the client to feel motivated and engaged with moving forward.

[illegible]

OVERVIEW OF ASSESSMENT &
REFLECTIVE COMMENTARY

- THURSDAY MAY 2ND SKILLS ASSESSMENT - TRIAD/DYAD PAIRINGS - SCHEDULE WILL BE PROVIDED
- TUESDAY MAY 7TH REFLECTIVE COMMENTARY – 1000 WORDS 23:59PM

Next Week

Introduction to Counselling - Approaches

- Psychodynamic
- Cognitive
- Humanistic
