



1

WELCOME – ICE BREAKER

GROUND RULES – KEEPING SAFE

INTRODUCTIONS – PAIRS/THREE

REFLECTING ON WHAT IS COUNSELLING

BREAK

MODULE OVERVIEW

KEEPING A JOURNAL

NEXT SESSION

2

HOPES AND FEARS

IN PAIRS – TAKE TURNS INTRODUCING YOUR SELF 3-5 MINUTES EACH

3

REFLECTION ON COUNSELLING – SMALL GROUP WORK

- What is Counselling?
- What are Counselling Skills?
- What is an embedded counsellor?
- What are the qualities of a helper?
- Reflect on an experience of being helped and how did it make you feel?
- What is the difference between a friend, counsellor & helper

4

DISCUSSION & FEEDBACK

5

MODULE OVERVIEW



WHAT'S ON
MOODLE



LEARNING
OUTCOMES



MODULE
HANDBOOK



ASSESSMENT
OVERVIEW

6

MODULE AIMS

- To learn theoretical underpinnings and apply foundational counselling skills and to introduce and understanding of the self-awareness within the context of counselling skills.



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LEARNING OUTCOMES

Upon the successful completion of this module, the student should be able to:

- demonstrate basic counselling skills and an understanding of the therapeutic relationship;
- recognise and discuss ethical and professional boundaries within the field of counselling;
- demonstrate a basic ability to reflect on their own professional knowledge, ethical boundaries, skills, and performance;
- take responsibility for their own learning and skill development, including effective personal planning, self-reflection, and project management skills.



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COUNSELLING SKILLS

What you will be learning



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KEEPING A JOURNAL – REFLECTIVE PRACTICE

10

WHAT'S NEXT?

- Theoretical Underpinning and Models of Counselling Skills- Core Conditions
- Contracting with the group
- Demonstration of skills
- Small Group Practice skills

11

EVALUATION

- THE SESSION WHAT WORKED WELL?
- WHAT CHALLENGED YOU?
- SUGGESTIONS

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