



## Accidental Counsellor (2 days)

### Overview

This two day interactive workshop aims to provide participants with an understanding and set of basic skills for managing issues in a structured and confident manner. The training will provide opportunities for theoretical understanding and practical skills readily able to be applied in the workplace.

Workshop material will be based on theoretical approaches from Solutions-Focused Brief Therapy, Acceptance and Commitment Therapy and Transactional Analysis.

### Topics Covered:

- ✚ understanding the role and attributes of the accidental counsellor
- ✚ identify ways in which basic counselling skills may be applied to assist people in need
- ✚ communication skills of engagement, effective listening and questioning
- ✚ clarification of boundaries for your own role with others
- ✚ supportive and clear strategies for people who are distressed
- ✚ strategies to focus people in a positive way toward achieving solutions
- ✚ helping people identify and use their own resources
- ✚ ethics and the accidental counsellor
- ✚ confidence when and how to refer to others
- ✚ self care.

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| <b>Who can attend?</b><br>Managers, workers/volunteers.  |  |
| <b>Date: Wednesday 09 May &amp; Thursday 10 May 2012</b>   | <b>Venue:</b> Level 3 Bowen Library. 669 Anzac Pde, Maroubra Junction 2035 |
| <b>Time:</b> 9:30am – 4.00pm   |  |
| <b>Cost:</b> HACC staff/volunteers \$110<br>Non-HACC staff/volunteers \$220 (Please contact VAST for more information on Non-HACC bookings) prices include 10% GST   |  |
| <i>The total training fee will be charged if less than 14 days notice is given of a cancellation.</i>  |  |
| <b>Facilitator:</b> Marianne Gabriel has 25 years experience as a Registered Nurse specialising in the critical care areas of: Adult Intensive Care, Neonatal Intensive Care, Operating Theatres and Recovery. As a Registered Psychologist for the past 12 years in private practice, Marianne utilises a holistic approach toward health and well-being in her work with children, adolescents, adults, couples and families. She provides training to organisations and groups on a wide range of topics. |  |

**Full payment is due at time of booking.**

**Please go to our website to download the booking form**

<http://www.jnc.org.au>

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