



PSYCHOPEDIA

LEARN TRAIN HEAL

PSYCHOPEDIA SKILL ENHANCEMENT & ASSESSMENT TRAINING PROGRAM

COUNSELLING SKILLS



This module is divided into 3 sections according to skill wise:

1. Basic Counselling Skills and Ethical Considerations
2. Conducting of a counselling session
3. Therapeutic Interventions

Course Description	The Counselling Skills Training course is designed to provide participants with a comprehensive understanding of the fundamental principles and techniques used in effective counselling practice.
Course Objective	This course will help the learner <ul style="list-style-type: none">• To equip participants with the basic counselling skills required to establish rapport, facilitate effective communication, and demonstrate empathy.• To provide participants with the knowledge and skills to conduct a successful first counselling session as well as the process of terminating a counselling session.
Course Outcome Skills	After this course you will be able to: <ul style="list-style-type: none">• Understand and apply the Basic skills of counselling• Conduct an intake assessment and explore clients' concerns and expectations in the first counselling session.• Utilize worksheets and therapeutic tools.• Understand and apply basic principles and techniques of various therapeutic approaches, including CBT, SFBT, DBT, ACT, Mindfulness, Guided Meditation and relaxation techniques.• Note: The course outcome skills mentioned above are intended as a guide and may vary based on the individual learner's progress and application of the skills.

LEVEL 1

Introduction to Counselling Skills Training

Definition and Key Concepts; Importance of Counselling skills; Difference between Counselling and Guidance;

The Role of a Counsellor

self-awareness and personal qualities necessary for effective counselling; creating a safe and non-judgmental space for clients; V

Ethical Considerations in Counselling

Confidentiality, privacy, and informed consent in the counselling relationship; Dual relationships and boundaries in ethical counselling practice; Addressing ethical dilemmas and seeking supervision or consultation

Basic Counseling Skills

Building Rapport and Establishing Trust; Active Listening; Reflective Skills; Paraphrasing; Summarizing; Empathy; Confrontation and Challenging

Case Discussions and Role Play

LEVEL 2

Taking Your First Counselling Session

Preparing for the First Session; Creating a Warm and Welcoming Environment; Establishing the Purpose and Goals of the Counselling Relationship; Conducting an Intake Assessment; Exploring the Client's Concerns and Expectations; Setting Clear Boundaries and Confidentiality Guidelines

Terminating a Counselling Session

When to terminate; Ending Counselling Relationships; Discussing Progress and Next Steps; Summarizing and Providing Closure; Referrals and Follow-up Support

Use of Worksheets in Therapy

Case Vignettes and Role Play

LEVEL 3

Therapeutic Interventions

CBT, SFBT, DBT, ACT, Mindfulness, Guided Meditation, Relaxation Techniques

Demonstration and Role Play

Final Assignment

Conduct a counselling session and make a workbook

Criteria for scoring

- Attendance and class participation
- Task completion

Table reference for grades

PERCENTAGE	GRADE
100% - 85.1%	A - Excellent
85.0% - 60.1%	B - Very good
60.0% - 50.0%	C - Good
Below 50%	D - Dissatisfactory



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