



**SKILLSFUTURE  
CREDIT ELIGIBLE**

## BASIC COUNSELLING SKILLS

This interactive learning course is ideal for individuals wishing to effectively support people who are facing distress. The programme is particularly suitable for those with little or no prior background knowledge of counselling. Throughout the course, you will acquire the skills to play a critical role in supporting those around you by mastering the basics of counselling.

### Through this short course, understand:

- What is counselling?
- What are attending Skills
- The attitude behind being an effective listener
- What to listen for as clients share their stories

### Gain practical guidance on:

- The skill of using encouragers
- The skill of using paraphrases
- The skill of using summaries

### Acquire proficiency in:

- The skill of asking good questions
- Integrating all the listening skills together
- Connecting listening skills to counselling theories/approaches

### Be Certified:

Participants will be issued with a Certificate of Completion upon meeting the attendance requirement

## TRAINER: LAURENCE HO



Laurence is a Certified Solution Focused Therapist under the Canadian Council of Professional Certification as well as a Certified Practicing Counsellor under the Australian Counselling Association.

He is an approved Clinical Supervisor under the Singapore Association for Counselling, and is also an accredited administrator of several instruments such as the Myers- Briggs Type Indicator and Taylor-Johnson Temperament Analysis.

Laurence's expertise is built around families, couples, children, youths, marital, parenting, domestic violence, sexual abuse, interpersonal and mental health issues.

He is also involved in providing school-based counselling, facilitating youth-related workshops, and heading specialised therapeutic group work for individuals struggling with infidelity as well as anger management issues.

## COURSE DETAILS

### COURSE FEE

S\$378.00 w/GST

### DURATION

9 hours

### CONTACT US FOR THE LATEST COURSE RUN DATES



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