

AN INTRODUCTION TO COUNSELLING SKILLS

10 & 17 June
1.30pm – 4.30pm Via Zoom



The course is designed to be an introduction to counselling skills.

It will look at:

- How to structure a safe session
- How to work safely with others
- How to communicate understanding and build empathy
- How to question and reflect effectively
- How to summarise and end a session
- How to give effective feedback

<https://eastmidlands.unison.org.uk/members>

