

ACCIDENTAL COUNSELLOR

This two day workshop provides non-counsellors with basic skills to assist people dealing with difficult situations or who may be angry or distressed. It introduces a variety of methods, from non-judgemental listening to referral to appropriate agencies. It also explores issues participants may face when helping others.

What you will learn:

- A brief introduction to counselling theory
- How to identify a problem
- How to respond to difficult situations and/or strong emotions
- Roles that people play in difficult situations
- Core skills and strategies to promote change
- How to deal with particular personalities or scenarios
- When and how to refer
- How to maintain personal and professional boundaries

Who is this course for?

This course is for people with no counselling experience who may find from time to time they are required to deal with people facing difficult issues or people with challenging behaviours. **Accidental Counsellor is endorsed for professional development points by the NSW Institute of Teachers.**

Your trainers

Denise Warner *Bachelor of Counselling, Diploma Individual, Couple and Family Therapy, Cert Holistic Counselling; Cert IV TAA*

Denise is a family therapist and has been facilitating training for IFP since 2006.

OR

Lucia Vitali *Registered Psychologist; Masters in Psychology, Cert IV TAA*

Lucia is currently Regional Coordinator (Penrith) with Unifam. She has over 12 years experience providing therapy to individuals, couples and families.

Testimonials

'Facilitator was great' 'Thank you. I now have great skills to take with me' 'Interesting and full of information'

Times: 2 days 9.30am – 4.30pm **Cost:** \$440 (inc GST)

To register email info@ifp.nsw.edu.au **or call** 02 8830 0747 or 8830 0755 **or view** www.ifp.nsw.edu.au

Dates 2012

Mon/Tues 30 and 31 January at Parramatta
Tues/Wed 13 and 14 March at Parramatta
Mon/Tues 19 and 20 March at Campbelltown
Mon/Tues 7 and 8 May at Parramatta

Mon/Tues 16 and 17 July at Parramatta
Tues/Wed 7 and 8 August at Penrith
Thurs/Fri 25 and 26 October at Penrith
Mon/Tues 12 and 13 November at Parramatta



NSW INSTITUTE OF TEACHERS

NSW Institute of Teachers' endorsed provider of Institute Registered professional development for the maintenance of accreditation at Professional Competence. Scope of endorsement – 5.2.2; 5.2.3 and 7.2.2 for the course 'RAGE (Renavigating Anger & Guilty Emotions) Facilitator Training and 7.2.1; 7.2.2 and 7.2.6 for the Accidental Counsellor Course.