



The Murray Foundation Introduction to Counselling Skills

Aims of the course

- *To introduce the concept of counselling and enable participants to identify their own listening style and skills*
- *To explore the Person-Centred approach to counselling and its relevance to the work of the Murray Foundation*

The course should in no way be considered as providing a comprehensive counselling training. However, it is hoped that it will enable participants to more readily adopt a counselling role when working with both new and established amputees

The PCT approach is highly dependent on the personal skills of the individual and so requires a certain level of self-awareness and acceptance. For this reason - Days One and Two of the course are very much focused on understanding your own behaviour through considering the life events, which may have shaped or influenced your way of being.

Day One

Introduction	Ground Rules
Workshop 1	Listening qualities
Workshop 2	Life Maps
Workshop 3	The Johari Window
Workshop 4	Introduction to PCT

Day Two

Workshop 1	Transition experience
Workshop 2	Empathy
Workshop 3	Perception
Workshop 4	Values & Belief Systems

Day Three/Four

Introduction to skills practice	Listening / Responding
Exploring the PCT Approach	AV material
Workshop 1	Ethical Issues

Summary & Feedback