

An Introduction to The Fundamentals of Counselling

This introductory workshop on **the Basics of Counselling** teaches and explores some important counselling/coaching/facilitating concepts and skills, which can *also be useful* in some other parts of our lives (such as in *relationships* and when *nurturing others*).

To get even more from the **Emotional Freedom Techniques** (when using it with another person), it may require more than just learning and applying the EFT techniques. When I studied and became a counsellor several decades ago, it was made very clear that **the basics of counselling** are *different* than the **techniques** that are learnt, practiced and used. Both are needed.

These skills are especially useful for establishing and maintaining a genuine **connection** and developing and maintaining a **special relationship** with a client or individual who feels safe and can open up and explore his/her issue(s) and the practitioner and client can work closely together.

Quote: "For anyone who works in the healing professions ... (counselling) skills are important, whether you are a physician, a massage therapist, a Reiki practitioner, a nurse, or *any of the healing professions* involved in *energy psychology*. These are the skills that comprise excellence in counselling, and if you are in the healing professions, you may have already recognized that *no matter which healing profession you practice, counselling is part of it.*" – Dr. Pati Beaudoin (Psychologist, USA).

These basic counselling/nurturing skills are valuable for *anyone* who wants to help another or others who are **emotional, stressed or suffering** and/or need some profound **nurturing**, but who don't have a desire or need to spend a lot of money and time getting trained to become a certified professional *counsellor, coach or similar*.

This workshop explores how to use these important basic skills (**formally or informally including "counselling over coffee"** or **nurturing** a person who is suffering) regardless of what technique or method or approach is being used (or none at all other than caring presence and true listening).

This counselling workshop was originally inspired by those who had attended EFT workshops, so that they could learn and develop or enhance their basic counselling concepts and skills that are needed in order *to become more confident and to get even more and better results in EFT sessions*.

There is no pre-requisite for this workshop other than a desire to help and care for others.

Presenter

Presented by: Peter Graham, experienced Counsellor, certified EFT Master Practitioner, certified EFT Trainer, and experienced Relationship Coach.

Let Peter know if this extremely useful and practical workshop interests you.

NEXT: The workshop will be in **November and/or December 2018** (usually 10 AM to around 4:30 PM).

A group of about 5 to 6 attendees is best, but it can be a few more.

This workshop is usually on an advertised date, but *another date* can also be *agreed upon by applicants*.

This is *about 6 hours* [normally one day or spread out over 2 dates, maybe including evenings] **of training**.

Venue: It *may be* at the State Library of WA, Northbridge or another acceptable location. *To be advised*.

Registration: If you are interested in doing this workshop or in booking a place, contact Peter Graham on (08) 9487 8363 or send him an email (pgraham@iinet.net.au).

Cost: \$175 per person (with discounts for groups, students, couples, pensioners, or financial hardship).

Counselling and Nurturing

The aims of the workshop include:

- Explore and discuss the very important *fundamentals of counselling*
- Greatly improve *communication skills, especially reflective or empathetic listening*
- Become more able to be and remain *fully present* with another person
- Explore and practice developing *rappport* with another person
- Learn and practice several profound but simple *nurturing skills*
- Learn and practice some *simple* but effective *counselling techniques and methods* that can be used *in a session or over coffee* - or even *over green tea* 😊
- And, become much more confident in *conducting a session or being present* with another person.

This Basics of Counselling workshop includes and teaches some "*practical nurturing skills*" which include a simple and effective version of EFT plus four other very simple techniques that can be used separately or blended with others as needed.

These *nurturing skills* can be very useful in our lives and it can also help *our relationships* also. They are not only useful when working formally in a session with another person.

You can contact Peter Graham to get info or book in *by either*:

Phone Peter on (08) [9487 8363](tel:94878363) (and leave a *clear message and* (repeat) the *phone number*) **or**

Text (or iPhone): Peter on [0400 830 798](tel:0400830798) (to discuss or reserve a place) **and/or**

Email me to: pgraham@iinet.net.au

PLEASE NOTE: This *introductory workshop* is not a substitute for professional training in counselling or coaching and does not result in any diploma or certificate or any other qualification.

Peter Graham, Counsellor, Relationship Coach, and certified EFT Master Practitioner & Trainer

Latest Update: 23rd of September 2018

Registered business name: P D Graham Enterprises Pty Ltd. ABN: 12 081 077 590

Copyright © 2018 by Peter D. Graham. All rights reserved.