

## **Basic Skills in Counselling for College Teachers**

It's been a long felt need that some selected Professors from each department are given some Training in Basic Skills in Counselling. To this effect the Counselling Center in consultation with the management selected the professors from each department to attend this Five Phase Programme.

### **Objectives:**

1. To get trained in Basic Skills in Counselling
2. To strengthen the mentoring system and to identify the needy students for Professional Counselling
3. To address the day today difficulties of the students
4. To remain a link between departments and the Counselling Center
5. To nurture the students in their development
6. To deal with difficult emotions
7. To establish interdepartmental rapport among the staff and students

## Schedule

### Basic Counselling Skills for College Teachers - Plan

Organized by Counselling Centre - St. Joseph's College, Trichy

Date	Focus
August 25, 2015	<p><i>1. Inauguration &amp; Orientation</i></p> <ul style="list-style-type: none"><li>• Rev.Dr.Soosai Sebastian, Rev.Dr.Andrew Francis, Dr.S.Raja</li><li>• Formal and Informal Helpers- A Brief History</li><li>• Students (Clients) With Problem Situations &amp; Unused Opportunities</li><li>• Goals of Counseling &amp; Safety Guidelines in Counseling</li></ul>
October 12, 2015	<p><i>2. Over View of the Helping Model- The Three Stage Model/An Integrated Theoretical perspective</i></p>
October 13, 2015	<p><i>3. Attending, Listening and Understanding</i></p> <ul style="list-style-type: none"><li>• Attending: Micro skills of attending, Helper's non-verbal Communications, body language</li><li>• Listening to and Understanding Verbal messages &amp; Non-verbal messages</li></ul>
January 25, 2016	<p><i>4. Basic Empathy</i></p> <ul style="list-style-type: none"><li>• The Three dimensions of Responding skills: Perceptiveness, Know-how and assertiveness</li><li>• The Basic-Empathy Formula</li><li>• The significance of Empathic relationship</li></ul> <p><i>5. The Art of Probing and summarizing</i></p> <ul style="list-style-type: none"><li>• Use probes to help students achieve concreteness and clarity</li><li>• Use the art of summarizing to provide focus and direction</li></ul>
January 27, 2016	<p><i>6. Emotional Disclosure: Awareness, choice, expression: Power</i></p>
April 1, 2016	<p><i>7. Group counseling:</i> Theme centered specific issues related to the stage of adolescence</p> <p><i>8. Personality Types:</i> Problems of Normal Healthy people/Understanding Healthy and Unhealthy personality</p>

*"You are the bows from which your children as living arrows are sent forth." - Kahlil Gibran*

**Picture of Counselling Activity**



