



AVENTIS
LEARNING GROUP

Para-Counseling Foundations: Empowering Through Empathy & Community Care

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Introduction

Empowering Through Empathy & Community Care

Embark on a transformative journey with our 2-day Para-Counseling Course — an intensive program designed to equip individuals with the foundational skills needed to provide empathetic and supportive assistance. Whether you're considering a career in counseling or seeking to enhance your interpersonal skills, this course offers a comprehensive exploration of para-counseling principles.

2 Day Course in Para Counselling

Equip yourself with fundamental counselling skills to enhance meaningful interactions with others. Walk alongside your clients, co-workers or loved ones through their tough times. Para-counselling skills come in handy when people just need a little push to get back on their feet without the need to visit a professional counsellor.

Learning Outcomes

The course aims to equip individuals with the fundamental knowledge and skills in counselling engagement, when working alongside with certified counselling professionals in their daily work.

Defining the roles of a para-counsellor (Can and cannot do)
Apply effective counselling techniques when interacting with clients
Gain practical skills applicable in personal and professional life.
Enhance empathy and active listening abilities.
Communication skills to meet client's needs in different settings
Describe the guiding principles and ethical issues of counselling

Why Choose Our Program?

- Practical Approach: Hands-on exercises and real-world scenarios
- Expert Facilitators: Learn from experienced professionals in the counseling field
- Networking Opportunities: Connect with like-minded individuals
- Comprehensive Materials: Receive a course manual for ongoing reference
- Receive a Professional Certificate in Para-Counseling upon completion

Methodology:

Our program employs a dynamic mix of theoretical lectures, interactive workshops, and practical exercises. Participants engage in group discussions, case studies, and role-playing to simulate real-world para-counseling situations. Expert facilitators guide you through the process, providing valuable insights and feedback.

Course Outline

Day 1: Understanding Para-Counseling and Communication Skills

Introduction to Para-Counseling:

- Explore the history and evolution of para-counseling.
- Understand the distinct role and responsibilities of a para-counselor.

Active Listening and Communication:

- Develop active listening skills to create a supportive environment.
- Enhance communication techniques to build rapport and trust.

Basic Counseling Techniques:

- Dive into fundamental counseling techniques applicable in various settings.
- Practice role-playing scenarios to reinforce learned skills.

Course Outline

Day 2: Ethics & Code of Conduct, Crisis Intervention, and Self-Care

Ethical Issues and code of conduct in counselling practice:

- Putting Clients' Needs Before Your Own
- The Right of Informed Consent
- Dimensions of Confidentiality
- Becoming an Ethical Counsellor

Crisis Intervention:

- Gain insights into recognizing and managing crises.
- Learn strategies for providing immediate support during critical situations.

Self-Care for Para-Counselors:

- Understand the importance of self-care in the counseling profession.
- Develop personalized self-care plans for emotional well-being.

Certification:

Participants who successfully complete the course will be awarded a Certificate of Excellence.

**Empower yourself to empower other #ParaCounseling
#EmpathyInAction #ProfessionalDevelopment**

Who Should Attend

Invest in Your Skills, Make a Difference. Join us for this enriching experience and discover the transformative power of empathetic support. Limited seats available—reserve your spot today!

- Individuals interested in entering the counseling field
- Professionals seeking to enhance their interpersonal and support skills
- Anyone passionate about making a positive impact on others' lives
- Aspiring counselors and psychologists
- Social workers and community volunteers
- HR professionals and team leaders
- Anyone passionate about supporting others in times of need
- Community Support Worker
- Helpline Volunteer
- School Support Personnel
- Human Resources Specialist

Course Details



2 Day
9.00am - 5.00pm (Classroom)



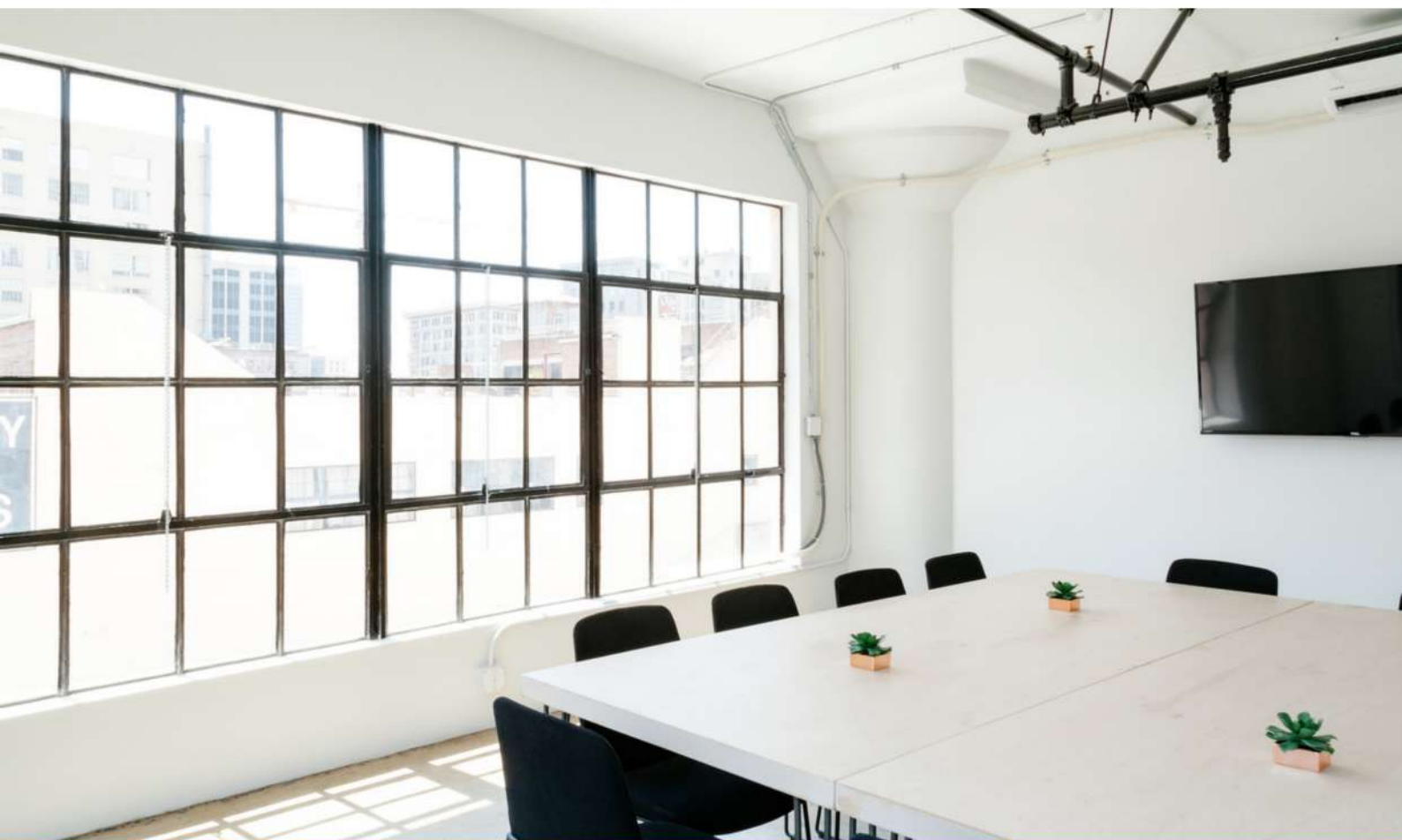
Classroom Learning @
Holiday Inn Orchard City
Centre



(65) 6720 3333
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\$1200 Before GST



Trainer's Profile

Dr Andy Sim



Dr Andy Sim has a multifaceted career as a psychologist, coach, counsellor, lecturer, and music educator. He has achieved esteemed recognition within the field of mental health, including Associate Fellow, Chartered Psychologist and Registered Coaching Psychologist with the British Psychological Society; Master Clinical Member, Registered Counsellor, and Registered Clinical Supervisor with the Singapore Association for Counselling. Furthermore,

Before transitioning his career in 2011, he was a professional military musician with the SAF Central Band and, subsequently, a band director with several school bands. As a performing member of the Philharmonic Wind Orchestra since 2001, he has appeared as a soloist and a conductor who has collaborated with notable international artists.

Currently, he serves as a coaching psychologist in private practice and holds positions as an associate counsellor at a tertiary institution and a staff psychologist for several companies. Additionally, he imparts his expertise as an adjunct lecturer and clinical supervisor, teaching master's degree courses in psychotherapy and counselling. Prior to his current roles, he served as a senior counsellor, providing counselling services to several local universities and as a senior manager/counsellor in MOE HQ. Armed with specialised knowledge in psychophysiology, he has effectively assisted musicians and athletes in enhancing their mental well-being and performance.

Trainer's Profile



Dr Andy Sim

Qualifications:

- Doctor of Psychology (USA)
- Master of Social Science in Professional Counselling (Australia)
- MiniMasters in General Management (Singapore)
- Postgraduate Diploma in Higher Education (Singapore)
- Graduate Certificate in Narrative Therapy (Australia)
- Bachelor of Science in Psychology (Australia)
- WSQ Advanced Certificate in Training and Assessment (Singapore)

Testimonials

"Dr Andy's passion for psychology is indeed contagious. His dynamic teaching style and engaging lectures transformed what could have been a mundane subject into an enchanting exploration of the human mind. His enthusiasm and energy made learning enjoyable and memorable."

"I am delighted to share my positive experience in learning psychology through Dr Sim's course, which skilfully combined practical hands-on exercises for both the body and mind. This unique approach to learning psychology made the subject come alive in ways I hadn't anticipated."