

## **Basic Counselling and Listening Skills for Foster Carers and Care Staff**

Adults can often find it difficult to really listen to what young people are telling them or see things from their point-of-view. Instead, we often are often too quick to offer reassurance, problem solve, teach, correct or rescue. While these all have a role play, they can often be blocks to communication and empathy.

The purpose of this workshop is to increase carers and other professionals' understanding of key counselling techniques and ideas, so they can empathically attune to young people, encourage them to talk more openly and help them develop their own reflective capacity. On completion of this workshop, participants will have:

- A clear understanding of what empathy is and why it is important.
- Considered possible blocks to empathy and listening.
- Knowledge of how to accurately convey empathy.
- Learnt techniques (reflecting back, paraphrasing, open questions, holding silence) which encourage communication.
- The opportunity to practice listening and counselling skills.

All of my courses and workshops involve a mixture of slide presentation, video, group discussion and small group activities. I provide comprehensive handouts over and above a simple printout of the slide presentation.

**Course Duration:** 4 hours (with breaks).

**Cost:** £250 for up to 20 participants.

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