



Professional Certificate in Advanced Counselling Skills

This course is conducted in collaboration with Raven Counselling & Consultancy Pte Ltd. The Professional Certificate will be awarded by the Adams State University, USA.

1 COURSE OBJECTIVES

This course is specifically designed to raise the knowledge and skills of Learners who may have already attended basic counselling courses and / or may already be involved in therapeutic work.

The course is the first and only training course of its kind in Singapore that has been conceptualised around the experiences of public, private and non-profit sector therapeutic work. As such, the course aims to:

- i. Provide Learners with in-depth clinical knowledge pertaining to advanced issues in therapeutic work
- ii. Equip Learners with practical skills regarding advanced issues in therapeutic work

2 LEARNING OBJECTIVES

By the end of the course, Learners will be able to:

- i. Understand specific mental health issues that may be prevalent in therapeutic work
- ii. Define the concept of 'Confounds' and explain how knowledge of the concept may improve the efficacy of therapeutic work
- iii. Understand advanced treatment options that may be utilised to better engage in therapeutic work

3 TARGET AUDIENCE

The target audience for the course should comprise of Learners with an English Language (speaking, reading, writing and listening) proficiency level equivalent to the General Certificate of Education (GCE) Ordinary Level ('O' Level). Furthermore, the course assumes Learners would have some basic knowledge of the counselling process.

The professions that may find the course useful include:

- Social Workers / Case Managers (including those of a Senior Grade)
- Counsellors (including those of a Senior Grade)
- Psychologists
- Social Work Assistants / Associates
- Programme Coordinators / Programme Managers / Programme Executives
- Allied Educators / School Counsellors
- Those interested in improving their Counselling Skills

4 COURSE CONTENT

Day		Topics	Activities
Day 1	AM	<ul style="list-style-type: none"> ➤ Introduction ➤ Understanding the Difference Between Basic and Advanced Counselling Skills ➤ The Neurological Functions Used in Counselling ➤ Transference & Countertransference ➤ Ethical Issues in Advanced Counselling ➤ Case Sharing (Local Cases) ➤ Learning Activity 	<ul style="list-style-type: none"> ➤ Case Studies ➤ Group Discussions ➤ Video Screenings ➤ Learning Activities ➤ Demonstrations
	PM	<ul style="list-style-type: none"> ➤ Understanding the Link Between Empowerment and Counselling for the Singapore Context ➤ Advanced Issues in Mental Health <ul style="list-style-type: none"> — The Key Reasons for Therapy In Singapore — Anxiety & Mental Health Issues ➤ Formulating a Clinical History 	

		<ul style="list-style-type: none"> ➤ Case Conceptualisation Skills ➤ Local Research ➤ Summary of Day 1 Course Content ➤ Q & A 	
Day 2		<ul style="list-style-type: none"> ➤ Recap of Day 1 Course Content ➤ Understanding the Concept of 'Confounds' <ul style="list-style-type: none"> — Environmental Confounds — Person Confounds ➤ Advanced Treatment Options for Therapeutic Work <ul style="list-style-type: none"> — Sleep & Behavioural Change — Dietary Planning — Confound Control ➤ Advanced Practical Techniques for Therapeutic Work I <ul style="list-style-type: none"> — Formulating a Treatment Plan 	
	PM	<ul style="list-style-type: none"> ➤ Learning Activity and Discussion ➤ Advanced Practical Techniques for Therapeutic Work II <ul style="list-style-type: none"> — Specific Counselling Techniques (Catharsis) ➤ Case Sharing (Local Cases) ➤ Understanding and Utilising the Community Resource Network in Singapore <ul style="list-style-type: none"> — Understanding the Theories of Emotions ➤ Summary of Day 2 Course Content ➤ Certification ➤ Q & A 	
Total Course Duration: 16 Hours			