

redmaninstitute

## **Certificate in Counselling Skills**

### **with Transactional Analysis**

#### **WHAT:**

**Transactional Analysis** (TA) is a theory of personality that gives a ready understanding of human behaviour. It offers a simple framework to improve interpersonal communication. It can help us understand why we do what we do. It provides excellent “tools” to gain good counselling skills.

#### **Personal Counselling Skills with Transactional Analysis**

This Certificate is aimed at those who want to gain counselling skills or add personal counselling to their existing skills.

It is suitable for anyone who works in the helping professions or anyone who has to work with and wants to work with people.

**Part 1** – Basics of Counselling Skills

**Part 2** – Practical Personal Counselling Skills

#### **This Certificate will:**

- Provide practical tools and skills for Personal Counselling
- Encourage the discussion and practice of fundamental counselling skills
- Examine various philosophies and theories of counseling

**This is a long running, highly respected Nationally approved training course with Practical Skills.**

#### **Part One – Basics of Counselling Skills**

The content of the Basics of Counselling will provide an understanding of:

- Basic concepts of Transactional Analysis
- Behaviour and personality – why people behave the way they do
- Why people get stuck
- How relationships can be improved

#### **Part Two – Practical Counselling Skills**

Part two will provide trainees with basic practical counselling skills in the management of personal or workplace issues.

- Practical application of the basic concepts of Transactional Analysis in all areas
- Supervision of your application of Transactional Analysis – Personal or Workplace Counselling Skills

**Some of the topics include:**

- Apply **Transactional Analysis**
- Building **strong relationships**
- Responding **holistically** to client issues
- Effective **communication** techniques
- Facilitating **co-operative behaviour**

**WHO:**

This Certificate is aimed at those **wishing to start or add counselling skills** to their existing **professional skills**

**On completion of all of the required units, participants will gain:**

A **Nationally Accredited** Certificate IV in Community Services Information and Advice and a Certificate in Counselling.

**This Certificate Creates Pathways to:**

- **Advanced Diploma in Transactional Analysis**
- **Diploma in Counselling**
- **Vocational Graduate Diploma in Counselling**

**Transactional Analysis** is designed to provide a variety of tools and ways to gain practical people skills.

**It provides simple yet powerful ways to:**

- Increase understanding in communication with others.
- Deal with stress and change healthily.
- Handle and resolve conflict.
- Understand human behaviour.
- Gain autonomy and build self esteem

**TA can be used as:**

- A theory of personality
- A theory of communication

And

- a powerful tool for analysing systems and organisations

Completion of the course allows a person to apply for Regular Membership status in the International Transactional Analysis Association and Western Pacific Association of Transactional Analysis.

**WHEN & WHERE:**

This Certificate is offered regularly throughout Australia, on either: **Week days** or **weekends** and also run “in house” for organisations

**Next course starting: Friday 8 October 2010**

**Part One (Basics of Counselling Skills)**

**Course Times:**

Course will run over 6 weekends – Fridays 6 – 9.30pm and Saturdays 9.30 – 4.30pm.

**Cost: \$1300** (includes full set of course notes, assessment and morning and afternoon tea)

**Part Two (Practical Counselling Skills)**

**Course Times:**

Course will run over 6 weekends

**Cost:** \$1300 (includes full set of course notes, assessment, and morning, & afternoon tea)  
+ \$200 for 4 group supervision sessions. **Total cost \$1500**

**CONTACT:**

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