

Counselling Skills Workshop

Two day workshop Saturday & Sunday 30th & 31st July, facilitated by Dinah Buchanan (\$200).

This two day workshop will focus on the counselling process and the microskills of counselling such as joining, active listening skills, summarising, reframing, normalising, challenging and question techniques. For those of you who do not have a counselling background, this overview will 'demystify' the counselling process and provide a solid framework for a therapy session in which your gestalt therapy skills can begin to unfold.

Dinah Buchanan is a counsellor & gestalt therapist and is currently completing a Masters in Counselling from UNE, Armidale. Dinah has been training counsellors in counselling techniques since 1998. She is assistant trainer at the Sydney Gestalt Centre, a trainer for the St Marks Counselling Course in Gordon, Sydney, and has a private practice on the Northern Beaches.