



## **Counselling Skills Workshop**

Two day workshop

**Saturday & Sunday 11th & 12th July 2009**

facilitated by **Dinah Buchanan**

This two day workshop will focus on the **counselling process** and the microskills of counselling such as **joining, active listening skills, summarising, reframing, normalising, advanced empathy, challenging and question techniques.**

For those of you who do not have a counselling background, this overview will 'demystify' the counselling process & provide a solid framework for a therapy session in which to unfold your gestalt therapy skills.

Dinah Buchanan is a Counsellor & Gestalt Psychotherapist and has a Masters degree in Counselling from UNE, Armidale. Dinah has been training Counsellors in counselling techniques since 1998. She is CO-Director of Terrigal Gestalt Institute on the Central Coast & a visiting trainer for Sydney Gestalt Institute.

She also sees private clients for therapy & Supervision in Neutral Bay, Sydney & on the Central Coast.

**Venue: 3 Church St, Waverley**

**COST: \$250**

**TIME: 9.00am—5 pm**

**\* contact Dinah on 0439 752 710**