

CARER TRAINING & EDUCATION

Becoming an Accidental Counsellor



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Carers often find themselves becoming a confidant or trusted person for the children in their care. Without proper training, support or up-skilling this can often feel overwhelming and leave carers feeling unable to best support or help the children they are caring for. This may lead to a placement breaking down and the carer unable to provide much needed care to other children in the fostering system.

This course includes activities and discussions that focus on developing awareness and understanding as well as teaching practical skills to carers. As caring roles can take their toll on individuals the importance of self care will also be addressed.

WARNING

Sensitive topics such as self injury, suicide and crisis intervention may be discussed during this course. If you feel you may be triggered by these topics please contact Wendy on 0452 117 660 or email wendy@fostercareangels.org.au

The course will provide carers with an opportunity to:

- Define the attributes of a counsellor;
- Identify relevant basic counselling skills;
- Practice a variety of skills such as active listening, reflecting, questioning and supporting through role play;
- Develop skills to respond appropriately to distress and/or crisis situations; and
- Discuss what self care is and why it is important.

FURTHER INFORMATION

Location:

Courses can be delivered at various locations within New South Wales.

Time and Dates:

Refer to training calendar

Cost:

\$225 pp Day Program (inc Refreshments & Lunch)

Bookings:

Call 02 9899 6006 or 0452 117 660

or email: wendy@fostercareangels.org.au



Foster Care Angels