

Principles of Counselling and Psychotherapy: Increase Productivity through Counselling in Your Workplace

Do you know effective ways to handle employees' issues?

Do you know anyone who can apply a counselling technique to help employee productivity?

Do you know you can apply to counsel with on-job training to increase the effectiveness of the session?

Introduction

Most organisations are aware of the benefit of the counselling, but not many companies apply counselling and talking therapy in the workplace. The objective of counselling is to give your support in dealing with problems so that they will regain the ability to work effectively in the organisation. Hence, applying the right counselling skills among employees help to boost workplace productivity.

Program Objectives

This program aims to:

- Provide broad coverage of the field of counselling to the non-counsellors
- Equip skills and knowledge to conduct talk therapy
- Nurture employees to apply talk therapy to increase company productivity

Learning Outcomes

After completing this program, participants should be able to

- Enhance understanding of the theory of counselling and psychotherapy
- Apply counselling technique into practice at the workplace.

Who should attend?

First-line management, middle management, senior management and anyone who needs to deal and manage with people in the organisation.

Methodology

Case studies, forum discussion, role-play, presentations, gamification

Program Outline

Time	Day One
9.00am– 10.30am	Fundamental of Counselling and Psychotherapy In this module, the participants would learn the concept of counselling, and when the counselling session can be applied at the workplace. In addition, the participants would understand the limitation in counselling and psychotherapy.
10.30am-11.00am	Morning Break
11.00am-1.00pm	Principle Counselling and Psychotherapy In this module, the participants would learn the ethical considerations in counselling and psychotherapy. The principles such as acceptance, respect for an individual, learning, consistency, permissiveness, and thinking with the individual would be focused in this module.
1.00pm-2.00pm	Lunch
2.00pm-3.30pm	Approaches in Counselling In this module, the participants would learn different approaches in counselling. For example, the participants would be exposed to psychoanalytic theory, person-centred theory and cognitive behavioural therapy.
3.30pm-4.00pm	Tea Break
4.00pm-5.00pm	Prepare Before Starting the Session In this module, the participants would start to equip themselves both psychologically and physically towards conducting psychotherapy and counselling at the workplace.

Time	Day Two
9.00am– 10.30am	<p>Psychoanalytic Ways: Practical Session</p> <p>In this module, the participants would conduct the counselling session according to psychoanalytic theory. The participants would learn through role-play and coaching methodology.</p>
10.30am-11.00am	Break and Networking
11.00am-1.00pm	<p>Person Centered: Practical Session</p> <p>In this module, the participants would conduct the counselling session according to person-centred Carl Roger. The participants would learn through role-play and coaching methodology.</p>
1.00pm-2.00pm	Lunch Break and Networking
2.00pm-3.30pm	<p>Cognitive Behavioural Ways: Practical Session</p> <p>In this module, the participants would conduct the counselling session according to the cognitive behavioural methodology. The participants would learn through role-play and coaching methodology.</p>
3.30pm-4.00pm	Break and Networking
4.00pm-5.00pm	<p>On-the-Job Session Through Counselling</p> <p>This module helps the participants to apply counselling skills into the on-job-training. By synergy of both sessions, the effectiveness and efficiency of the OJT increase.</p>