



The Occasional Counsellor™ Workshops

The Occasional Counsellor™ facilitated by Dr. Sue Green, Psychologist, is for workers who are not employed in a counselling role but are called upon to give others emotional support. The focus of the workshop is on teaching participants strategies for assisting individuals who are sad, upset, bewildered, confused, angry or suicidal while clearly remaining within their role.

Date: **Session 1:** Monday 22 October
 OR **Session 2:** Tuesday 23 October

Location: Wodonga TAFE Main Campus,
 enter off McKoy St
 Wodonga 3690

Time: 10.00am – 3.00pm

RSVP essential as places are limited:
Murray Dairy on (03) 5833 5312 or email
lisam@murraydairy.com.au

Lunch will be provided.

The workshops cover the following areas:

- the skills of the helper including the importance of empathy and when not to empathise
- understanding professional boundaries including understanding your role and the limits of your role
- the difference between emotional support and counselling
- simple, practical strategies for supporting individuals who may be acutely emotionally distressed, including making appropriate referrals, while keeping yourself safe and remaining in your role
- self-care for the worker