

# Basic Counselling Skills

## Basic Counselling Skills

A core module of the **MBS Certificate in Ministry (Counselling) Programme\***

(This course may be taken at the Masters or Certificate level.)



### **About the Trainer/Facilitator**

Lianne Lee (M.Div., M.Coun.) serves as Licensed Counsellor and Assistant Director of Training at DUMC. She offers counselling services to individuals, couples and families in the church and the community. She believes in helping people to become active participants in their own recovery and problem-solving efforts. Lianne's other passion is in teaching the Bible. She has been involved in Christian Education as curriculum/course designer and teacher for the past 20 years.

Lianne holds a Master of Divinity (Hons) from Asia Pacific Theological Seminary (Philippines, 1994) and a Masters in Counselling degree from HELP University College (Kuala Lumpur, 2011). She has been registered with the Malaysian Board of Counsellors since January 2012 and is also a member of the National Association of Christian Counsellors.

\*For more info on this programme, see attached file, **MBS Cert Min (Counselling) Brochure**.

### **About the Course**

*Life is difficult...* Global disasters and economic downturns aside, we may also be confronted with crises on the personal front; situations that sometimes take us by surprise, leaving us feeling confused and helpless. The storms of life assail us or those we know in the form of life-threatening illnesses, death of loved ones, relationship conflicts, extramarital affairs, marital and family breakdowns, teenage rebellion or addictions and so on.

*"Can you help me?"* As pastors or ministry leaders, your members look to you for help, comfort and support when they are in difficulty. Questions may arise in your minds, "What if I don't know what to say?" "What if I say or do the wrong thing?" "What if I hurt instead of help?" These are all valid questions. However these questions are about *doing* something. We need to recognize that just *being* with someone and listening to him or her without judgment or prejudice is the most valuable gift we can give to our friend in need. It is also the most basic thing we learn to do as counselors.

This is a foundational course in counseling skills that will help you get started in your personal development as a people-helper. Topics include:

- Qualities of a good counselor
- A holistic view of wellness; wellness assessment
- Attending behavior
- How to use questions
- Observation skills; verbal & non-verbal behaviour
- Active listening skills – encouraging, paraphrasing, summarizing
- Reflecting feelings
- Conducting a full interview
- Ethics in counseling
- Suicide assessment
- Role plays (time allotted for practice & feedback in every session)

## **Course Dates (10 sessions)**

Thursday nights, 7.30 – 10.30pm @ Dream Center (DUMC)

2015

Feb 26,

Mar 5, 12, 26 (Break on Mar 19)

Apr 2, 16, 23, 30 (Break on Apr 9)

May 7, 14

## **Registration**

Class size is LIMITED – please register EARLY

For DUMC members

Register at counter during weekends, or

follow this link to register online:

[https://docs.google.com/forms/d/1KxBvY2pBqiuX\\_qTrqQ72jZriXyOtTNbNyZcNZ](https://docs.google.com/forms/d/1KxBvY2pBqiuX_qTrqQ72jZriXyOtTNbNyZcNZ)

[BpTDaE/formResponse](#)

**for enquiries, contact**

Mercy at [equip@dumc.my](mailto:equip@dumc.my) or call 03 7958 7388

For non-DUMC members

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48050 Kuang, Selangor Darul Ehsan

Malaysia

or via E-MAIL to [mbs-ed-registrar@mbs.org.my](mailto:mbs-ed-registrar@mbs.org.my)

**for enquiries, contact**

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