



**SolarisCare Foundation  
Presents  
for all  
VOLUNTEERS**

**AN INTRODUCTION TO COMMUNICATION  
AND BASIC COUNSELLING SKILLS COURSE**

**8-week course beginning Tuesday April 17<sup>th</sup> 2012.**

**Rosemary Watkins, Counsellor, Psychotherapist, Supervisor & Trainer has presented this course for SolarisCare volunteers since 2002, Rosemary says...**

*“I believe, this training leads to greater individual personal development, awareness raising and an enrichment of the group/team connection and cohesiveness”*

**This Course is part of our ongoing commitment to provide all volunteers with ongoing Education and Professional Development and provides many practical skills in a group setting. The course is suitable for ‘meet & greet’ volunteers as well as therapists, those who have not attended previous courses will be given first priority.**

**Venue:** William Street Family Therapy Centre, Upstairs Training Room  
544 William Street, Mount Lawley (there is plenty of parking!!)

**Time:** 9:30am – 12.00pm

**Dates:** Tuesdays April 17, 24. May 1, 8, 15, 22 & 29, ends June 05

**Cost:** No Cost (morning & afternoon refreshments provided – please bring your own lunch).

Topics will include:

**Communication Skills**

- Barriers to Communication
- Conflict Resolution Skills
- Assertion Skills

**Introduction to Basic Counselling**

- Support vs. Counselling
- Listening Skills
- What hinders – What helps
- The impact of a cancer diagnosis on the individual and their family
- The Cancer Journey – including treatment choices, cultural, spiritual and gender issues
- Children and Adolescents – impact and risk factors
- Working with 'difficult' behaviours – anger, depression and manipulation
- Recognising the need for professional assistance – when to refer on
- Re-valuing yourself – recognising hidden strengths
- Self-care – impact of work and boundary issues

**Each participant will receive a certificate on completing the whole course.**

**Enquiries: Dr Anna Petterson, Manager Research & Education**

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Places are limited to 14

Please put your name on the booking sheet below, but only if you can commit to attending **ALL** sessions