

English Fluency Training Course for Counsellors, Coaches, Trainers, Facilitators

Level B2/C1 (entry level havo/vwo)

Brief Course Description

- This course focuses on fluency skills and adopts a lexical approach to enable Dutch professionals to integrate their own skills in English.
- This training course requires an active learning attitude which requires 100% effort of the participants.
- The course consists of 5 six hour days. Homework consists of preparatory reading, processing feedback, practising skills, background reading and online exercises in English.
- The theory is limited to support the exercises which will take place as group or pair activities
- The lexical approach is shown by the vocabulary to be used in the activities that will be actively recorded by the participants in their course folders.
- The course book: *Introduction to Counselling Skills* will be used both as background reading and as a source for activities:
 - creating verbal communication
 - creating vocal communication
 - creating bodily communication

 - creating rules
 - creating perceptions
 - creating self-talk
 - creating visual images
 - creating explanations
 - creating expectations

 - using the skilled client model

 - defining counselling and helping relationships
 - core conditions for counseling and helping relationships

 - identifying the client's internal frame of reference
 - providing internal frame of reference responses

 - assessing body messages for showing attention and interest
 - improving showing attention and interest

 - reflecting feelings skills
 - reflecting feelings and reasons
 - using basic facilitation skills

 - starting counselling and helping sessions
 - practising relating stage skills

 - dealing with differences
 - managing resistances
 - making referrals
 - empowering your mind for the relating stage

 - assessing feelings and physical reactions
 - assisting a client to identify and rate feelings and physical reactions regarding a situation

 - assessing thinking when counselling and helping
 - assisting a client to identify perceptions and images in a situation
 - assisting a client to identify thoughts and consequences in a situation
 - identifying unhelpful thinking

- gathering information and forming information skills hypotheses
- challenging skills
- feedback skills
- disclosing skills
- interspersing active listening with questions
- identifying mind skills and communication/action skills weaknesses
- helping to solve problems
- using demonstrating skills
- using rehearsing skills
- developing clients' monitoring skills
- developing timetabling skills
- setting progressive tasks skills
- assisting clients to reward themselves
- assisting clients to create preferential rules
- assisting clients to test the reality of perceptions
- assisting clients to create coping self-talk
- negotiating homework
- identifying supports and resources
- starting middle counselling and helping sessions
- conducting middle counselling and helping sessions
- issues in terminating counselling and helping
- terminating a series of counselling and helping sessions
- influences of diversity
- experiencing diversity in relationships for good or ill
- making decisions about ethical issues and dilemmas
- ethical issues on introductory counselling skills courses
- developing counselling skills training group rules
- being supervised
- getting support
- counselling theory and research
- monitoring my counselling and helping skills
- becoming more human
- Additional material consists of:
 - English conversation openings and conversation links
 - phrasal verbs
 - grammar overview
 - paragraph toolkit
 - idiom worksheets
 - idiom learning strategies