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Mental Health Counselling Skills Certificate Program

VIRTUAL EARLY RATE REGULAR RATE

July 8-12, 22-26 \$2,950 \$3,250

This program offers an understanding of these mental health issues, the change process, and strategies for overcoming roadblocks in therapy. Participants will learn skills for brief focused counselling, harm reduction, and motivational interviewing, all of which are effective tools for working with complex mental health concerns.

Some of the Topics Include:

- Key Aspects of the Helping Relationship
- Assessment and the Counselling Process
- Anxiety Reduction Strategies
- · The Impact of Stigma
- Effective Strategies for Depression Recovery
- Readiness for Change
- Safety and Harm Reduction
- Motivational Interviewing Principles and Skills
- Approaching Ambivalence and Resistance
- Strategies for Building Empathic Resilience

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