



VICTORY COLLEGE OF NURSING

VALUE ADDED COURSE

BASIC COUNSELING SKILLS

This course gives participants the basic understanding and skills needed to provide effective patient counselling and care. Participants in this course explore the concept of counselling, and its skills, problem-solving techniques, interpersonal communication, empathy and development, and counselling ethics.

Course objectives

The course will enable the participants to:

1. Gain knowledge regarding concept of counselling
2. Comprehend interpersonal communication
3. Develop and apply counselling skills
4. Distinguish between sympathy and empathy
5. Foster empathy
6. Conduct basic counseling with problem solving techniques

Course duration: 21 Hours (1 CREDIT)

Participants: Nursing Students [GNM, BSc (N) & MSc (N)]

Course fees- Rs.1000/

Frequency of the course: Twice in a year

Module:

Module 1: Introduction to counselling

Module 2: Basics of interpersonal communication

Module 3: Person-centered counseling

Module 4: Model of counseling session

Module 5: Role plays and feedback

Module 6: Empathy

Module 7: Developing empathy

Module 8: Listening skills

Module 9: Reflecting skills: Reflecting feelings

Module 10: Reflecting skills: Restating / Reframing, Affirmation and summarizing

Module 11: Probing and action skills: Asking questions and interpretation

Module 12: Probing and action skills: Confrontation / Challenging and information sharing

Module 13: Problem management skills

Session 14: Ethics in counseling: