



Master Class

Transforming the Careers Guidance Interview – An Effective Integrated Counselling Approach

15th October (AM) - Birmingham

15th January (AM) - Cambridge

Overview

In the UK counselling and careers guidance have long been regarded as separate career routes, indeed career development and management are often thought of as predominantly rational processes. In reality careers practitioners have always relied on counselling skills in their practice, but a key question is - do we truly strive to work with the emotional content of what our clients are telling us (both verbally and non-verbally)?

This course will challenge you to look at the counselling skills you use in your guidance interviews; encourage you to step outside your safety zone and develop advanced empathic understanding in your practice.

Learning outcomes

- Gain an understanding of how Careers Guidance and Counselling fit together.
- Understand when and how to use counselling skills in a guidance context.
- Understand how to develop advanced empathic understanding and put it into practice.
- Recognise individual blockages to exercising skills of empathy, unconditional positive regard and congruence.

Please note that PARTICIPANTS need to come with at least 2 situations (preferably career related), which they are prepared to talk about in a career counselling situation.

Target audience

This *new* three-hour intensive master class has been designed to meet the needs of career development practitioners who are keen to improve their career guidance skills, with a view to developing a coaching approach in their client interactions. Whether you work with young people or adults in education, learning, training or employment, this master class will help you to expand and advance your skills.

Programme

From 9.30am – Registration, refreshments

10.00 – Welcome and Introduction

10.10 – 10.20 – Counselling and Careers Guidance – A Combined Approach:-

- Background
- Counselling Skills
- When to use Counselling Skills
- The Emotional Aspects of Transition

10.20 – 10.30 – Group work – Transition Case Studies

10.30 – 10.40 – The Counselling Model of Careers Guidance

- Active Listening Skills
- Understanding Skills
- Interpretative Skills: - Challenging, Immediacy and Helping the client be more specific

10.40 – 11.00 – Group work – Using Interpretative Skills Exercise

11.00 – 11.15 – Refreshments

11.15 – 11.30 – Developing Advanced Empathic Understanding:-

- Empathy as a process
- Measuring Empathic Understanding
- Blockages to Empathy

11.30 – 11.50 – Group work

- Film – Developing Empathy
- Mindfulness Empathic Meditation

11.50 – 12.00 - Unconditional Positive Regard

- A Definition

Group work – What gets in the way for you?

- How to Achieve Unconditional Positive Regard
- The Powerful Effect of Unconditional Positive Regard

12:00 – 12:05 – Congruence

- A Definition
- Why is it difficult?
- What are the rules?

12:05 – 12.45 – Group work – Putting Counselling Knowledge and Skills into action in a Guidance Context

12:45 – 13:00 – Summing up, questions and discussion

13:00 – Close

Trainer Biography

Helen Steele is a qualified careers adviser who uses a counselling approach to careers guidance in her work as a careers counsellor at the University of Leeds Medical School. Helen has worked in higher education careers for the last 6 years at the Universities of York and Leeds, alongside delivering continuing professional development to junior doctors in the areas of career management, negotiation, presentation skills, leadership and assertiveness.

She has also worked as a lecturer on the QCG (Qualification in Careers Guidance) at the University of Huddersfield, set up and run an Access to Guidance course and was a lead trainer on a number of Connexions Personal Adviser Diplomas. Helen has also worked extensively with young people both in schools, the community and at a post 16 level. Her work with the Big Issue and projects with young homeless people lead to the development of a programme for the Big Issue on careers and work, which went on to win a National Training Award. She is a member of the CDI.

Booking your place

Master Class 1

CDI members and students - £75 + VAT

Non-Members - £125 + VAT

Master Class 1 and 2 on the same day

CDI members and students - £145 + VAT

Non-Members - £195 + VAT

Please note: If you are staying for both sessions you will need to bring a packed lunch.