

# ACCIDENTAL COUNSELLOR

Full day course

Have you ever been caught without the words to help a friend, family member, client, customer or co-worker who was dealing with a distressing situation? This one day workshop will provide you with the knowledge and skills to help you to help them in a safe way, without feeling you have to advise, problem solve or take responsibility.

This one day workshop will:

- define the role of Accidental Counsellor
- explore the differences between supporting, helping and rescuing
- look at the desirable traits and skills for an accidental counsellor
- explore the significance of self-awareness, emotions, personal perception filters and empathy
- look at self-care strategies

**When:** Tuesday 17<sup>th</sup> February 2022  
9.30am to 4.30pm

**Where:** Bunbury Family Relationship Centre  
Corner of Molloy and Symmons Streets Bunbury  
(Access from Symmons street)

**Cost:** \$120pp

**Places are limited - book early to avoid disappointment.**

To book online, scan this code or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au).

Alternatively you can contact (08) 6164 0566 or email [Bunbury.Education@relationshipswa.org.au](mailto:Bunbury.Education@relationshipswa.org.au) to register today

