

## **workshop on Counseling Skills**

The Human Wellness Forum, Department of PG in Studies and Research in Social Work, St. Aloysius College (Autonomous), Mangalore, organized a two days workshop on Counseling Skills on August 18 & 19, 2022. The resource person for the workshop was Dr. Lavina Noronha, Director of Ave Maria Palliative care, Vamanjoor. The workshop was organized with intent to enhance the Counseling knowledge and skills of students who are aspiring to become professional counselors. Ms. Noronha created an atmosphere of active listening and engaging students in various activities like, individual assessment, case studies and Mock sessions etc to learn and to have better understanding of the concepts. She also inspired the students through her real life experiences in Counseling and other aspects of Social Work practice. The topics covered during the workshop were as follows. Day 1- 1. Concept of counseling. 2. Core conditions of counseling. 3. Principles of counseling. 4. Counseling ethics. 5. Non-verbal cues in counseling. Day 2- 1. Verbal cues in counseling. 2. Advanced counseling skills. 3. Qualities of an effective counselor. 4. Benefits of Counseling. 5. Egan's three stage model of Counseling. The workshop provided the students a deep insight into counseling and their role in helping clients in need of counseling. It also helped student participants to understand and to enhance their qualities and skills. It was also a theoretical orientation to students to apply counseling skills during their field work practice. The workshop was organized by Dr Roshan Monteiro, The forum coordinator, there were 24 participants. Dr Loveena Lobo, The Director, PG Social Sciences, Maffei Block welcomed and introduced the resource person and Ms Sangeetha Udaykumar, Assistant student coordinator of the forum proposed the vote of thanks Reported by Dr Roshan Monteiro

