



Occasional Counsellor Workshops

The Occasional Counsellor™ facilitated by David Cherry, a Clinical and Forensic Psychologist, is for workers who are not employed in a counselling role but are called upon to give others emotional support. The focus of the workshop is on teaching participants strategies for assisting individuals who are sad, upset, bewildered, confused, angry or suicidal while clearly remaining within their role.

Workshop 1 - Albury

Date: Wednesday 23rd August

Location: DELWP Office

1 McKoy St Wodonga
(Parking entry via Morefield Park Dve)

Workshop 2 - Cohuna

Date: Friday 25th August

Location: NDHS

33 King Edward St Cohuna

Time: 10.00am – 3.00pm

RSVP your preferred workshop location:

Murray Dairy on (03) 5833 5312 or
email admin@murraydairy.com.au

The workshops cover the following areas:

- the skills of the helper including the importance of empathy and when not to empathise
- understanding professional boundaries including understanding your role and the limits of your role
- the difference between emotional support and counselling
- simple, practical strategies for supporting individuals who may be acutely emotionally distressed, including making appropriate referrals, while keeping yourself safe and remaining in your role
- self-care for the worker