

Communication Skills and the therapeutic relationship



Communication skills and the therapeutic relationship

This course explores the relationship between the practitioner and the client and how this relationship impacts upon clinical practice and the therapeutic outcome of a complementary therapy programme or intervention. You will explore the application of behaviour change techniques including motivational interviewing (MI), and transactional analysis (TA).

The course aims to enable the student:

1. To acquire the skills to effectively communicate within their professional practice
2. To enhance communication and listening skills with awareness of boundaries and self-care
3. To apply knowledge of behaviour change models to support, motivate and empower clients to make negotiated food and lifestyle behaviour changes to promote health

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THE TRAINING CENTRE OF WELLBEING LIMITED

Communication Skills and the
therapeutic relationship

evaluation
CONFIDENCE curiosity
STRATEGY communication beliefs
self awareness pattern
methodology **process** insp
relationships REFRAME obs
challenge **structure** expl
perceptual ADAPT attitude op
therapeutic insight flexib
NLP CHANG
reaction
language POTEN
unconscious
RELEAR
purpose
SENSES
outcomes



CURRICULUM

You will cover:

- Reflective Practice
- Basic principles of therapeutic communication
- Listening
- Empathy
- Theories of Behaviour Change
- Transactional Analysis
- Neurolinguistic Programming
- Motivational Interviewing

You will have many opportunities through the module activities to practice some of the skills with a volunteer (family or friend).

ABOUT THE COURSE

COST: £319

DURATION: 8 monthly classes of 2 hours

ACCREDITATION: IPHM

ENTRY REQUIREMENTS: Studying towards or qualified therapist

HOME STUDY: 80 hours

IS THIS COURSE FOR YOU?

This course is for therapists that are serious about their business and keeping up to date with research and modern approaches to complementary therapy

WHATS INCLUDED?

Your training includes:

Full printed manual, student clinics, support with case studies.

MORE INFORMATION

Effective communication skills and your relationship with your clients is essential to the success of your practice,

Accredited by the International Practitioners of Holistic Medicine