Advanced Mental Health Counselling Techniques Training Course

13 – 17 June 2027
Cape town

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Training Center

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Ref: 1516_211981 **Date:** 13 – 17 June 2027 **Location:** Cape town **Fees:** 4500 Euro

Overview

Advanced Mental Health Counselling Techniques Training Course is a one-week course for mental health practitioners, counsellors, psychologists, social workers, and healthcare professionals, who leave with a Structured Counselling Practice Portfolio. The course develops therapeutic alliance, advanced counselling techniques, collaborative formulation, intervention selection, risk recognition, referral, documentation, and outcome monitoring. Agile Leaders Training Center presents mental health counselling as ethical, supervised practice within defined professional boundaries.

Who Should Attend

- Functions responsible for structured mental health counselling
- Teams responsible for psychosocial support and case coordination
- Personnel responsible for therapeutic conversations and goal setting
- Services responsible for risk recognition and referral
- Functions responsible for counselling quality and supervision

The course assumes participants conduct mental health conversations within an established professional role and leaves out independent diagnosis, prescribing, psychotherapy qualification, and crisis certification.

Departments and Industries

The course supports departments and organizations that provide counselling, psychosocial support, referral, and coordinated mental health services.

- Mental health and behavioral health services
- Hospitals, primary care, and rehabilitation functions
- Social care and community support organizations
- Education and employee assistance services
- Voluntary and humanitarian support teams

Learning Objectives

By the end of this course, participants will be able to:

- Apply therapeutic alliance and advanced listening methods
- Build collaborative formulations and counselling goals
- Compare evidence-informed intervention options
- Analyze risk, boundaries, confidentiality, and referral needs
- Use structured documentation and outcome monitoring tools
- Evaluate counselling practice through reflective supervision

Course Agenda

Day 1: Ethical Counselling Foundations

- Professional Scope and Boundary Decision Map
- Informed Consent and Confidentiality Agreement
- Therapeutic Alliance Working Model
- Active Listening and Empathic Response Method
- Cultural Humility and Communication Adaptation Checklist

Day 2: Collaborative Formulation

- Structured Counselling Conversation Framework
- Presenting Concern and Context Mapping Tool
- Collaborative Formulation Worksheet
- Shared Goal and Priority Matrix
- Session Focus and Agenda Contract

Day 3: Intervention Selection

- Evidence-Informed Intervention Selection Grid
- Problem-Solving Conversation Method
- Behavioral Activation Planning Tool
- Motivational Exploration Question Set
- Interpersonal Pattern Review Map

Day 4: Safety and Quality

- Risk Recognition and Escalation Checklist
- Referral and Signposting Decision Pathway
- Counselling Session Record Template
- Outcome and Client Feedback Measure Plan
- Reflective Supervision Review Framework

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Day 5: Counselling Practice Integration

- Suggested Exercise: Therapeutic Alliance Conversation
- Suggested Exercise: Collaborative Formulation and Goal Setting
- Suggested Exercise: Intervention Selection Case Review
- Suggested Exercise: Risk, Referral, and Documentation Simulation
- Capstone Exercise: Structured Counselling Practice Portfolio

Practical Exercises

The course uses suggested activities based on fictional healthcare, community, education, and workplace support scenarios.

- Suggested activity: conduct an alliance-building conversation using active listening, empathy, consent, and boundary tools.
- Suggested activity: build a collaborative formulation and translate it into prioritized counselling goals.
- Suggested activity: compare intervention options and document a scope-appropriate rationale.
- Suggested activity: recognize risk, select an escalation or referral route, and prepare a supervision note.

FAQs

Who suits advanced mental health counselling techniques training, and what does it assume?

Mental health and helping professionals who already conduct structured conversations suit the training; it assumes an established professional role, access to supervision, and responsibility to work within competence and local procedures.

How do advanced mental health counselling techniques differ from mental health awareness training?

Advanced mental health counselling techniques develop structured alliance, formulation, intervention, documentation, and review skills, while awareness training mainly supports recognition, general understanding, and signposting.

How should counselling practitioners select an intervention technique?

Intervention selection should follow collaborative formulation, client goals and preferences, presenting needs, evidence, practitioner competence, risk, context, and supervision rather than personal habit or a single favored model.

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What role does therapeutic alliance play in mental health counselling?

Therapeutic alliance provides an agreed, respectful working relationship in which goals, tasks, boundaries, feedback, and difficulties can be discussed and reviewed with the client.

How are risk and referral handled in structured mental health counselling?

Risk and referral are handled through timely recognition, scope-aware inquiry, documentation, consultation, safeguarding or escalation procedures, and connection with appropriate services while respecting confidentiality and its limits.

Conclusion

Participants leave with a Structured Counselling Practice Portfolio containing alliance, formulation, goal, intervention, risk, referral, documentation, feedback, and supervision tools. The portfolio makes counselling decisions more explicit and reviewable. It supports ethical conversations, coordinated action, and evidence-informed improvement within professional scope.