

## COURSE OUTLINE

This is a follow up course for those who have been trained and certified as a Prepare/ Enrich Accredited facilitator.

It will provide participants with (or to brush up on) the fundamental counselling skills to work effectively with premarital or married couples. Case studies will also be used to provide participants with real life cases to acquire and to hone their helping skills.

Day 1:

Counselling skills – pastors, counsellors, lay couple mentors etc need to have attending skills to be effective. Often, we listen to reply which then works against the principle of counselee attention. Listening without judging is crucial. Learn to be open to change. Expand your skills repertoire and develop intentionality. Master the basics of a caring process.

Day 2:

Case studies will include Conflicted Couples - How do we prepare our approach to help; Devitalised Couples - what tools work best with those who are in pain.

### TRAINING OBJECTIVES:

- ✓ Become a competent counsellor or mentor with couples.
- ✓ Learn to use a client-focused approach in the helping process.
- ✓ Have opportunities to discuss complex issues that may arise during counseling/ mentoring sessions.



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# Fundamental Counselling Skills with Couples

**Beyond Using Prepare/ Enrich  
Assessment Inventories**

By Ong Chooi Seng



**11TH & 12TH OCTOBER 2018**

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**Marriage and Family Institute**

## WHO SHOULD ATTEND?

Those who had attended the Prepare/ Enrich Accreditation Training and who wishes to learn the fundamental counselling skills to be more effective in helping to counsel or mentor couples who are preparing to get married or married couples.

## ABOUT THE TRAINER

**Ong Chooi Seng, MA, CMSAC, Reg CLR,  
Reg ClinSup**

Chooi Seng was amongst the pioneer batch of PE graduate that were trained by Dr David Olsen in 1998. He has been involved in counselling since 1981 starting with couple counselling, family counselling and individual counselling. He is also a Certified Behavioral Consultant and a trainer for Family Wellness Associates programs. He is a licensed solemniser and is both a registered member of the Singapore Association for Counselling and a registered Clinical Supervisor. He is also Vicar of St Peter's Church (Anglican).

## COURSE DETAILS

**Dates:** 11 & 12 October 2018 (Thu & Fri)

**Time:** 10 am – 5.30 pm

**Venue:** to be confirmed

**Fees:** S\$480

**Max Group Size:** 30



Please email your registration form to  
linda@mfinstitute.com

### REGISTRATION FORM

**“FUNDAMENTAL COUNSELLING SKILLS WITH  
COUPLES – BEYOND PREPARE/ ENRICH  
ASSESSMENT INVENTORIES”**

**Date:** 11 & 12 October 2018

**Time:** 10 am – 5.30 pm

**Closing Date:** 21 September 2018

**Course Fees:** S\$480

Name : \_\_\_\_\_

Nationality : \_\_\_\_\_

NRIC / Fin No: \_\_\_\_\_

Professional Qualifications: \_\_\_\_\_

Organisation's Name: \_\_\_\_\_

Designation : \_\_\_\_\_

Address: \_\_\_\_\_

Mobile: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Years of Experience in helping couples: \_\_\_\_\_

Year accredited as Prepare/ Enrich facilitator: \_\_\_\_\_