



GÉRALDINE DUFOUR

—  
THERAPEUTIC  
CONSULTATIONS  
LTD

*Specialist  
HE wellbeing,  
counselling  
and mental  
health training*

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**At a time when many HE professionals are under pressure and working with complex presentations, these specialist trainings are bought to you by a practitioner with over 20 years of expertise in HE settings**

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## TRAININGS AIMS

- *To help you and your team learn new strategies and develop more coherent sustainable ways of working.*
- *Develop your confidence.*
- *Improve student support*

## WHO CAN BENEFIT

- *Specialist wellbeing teams, and*
- *Student-facing staff working in universities.*



## Supporting students with mental health issues



A face-to-face workshop equipping student-facing staff, such as tutors, academics and advisors, with the knowledge and skills to support students with mental health issues. This training provides practical strategies for fostering a supportive and inclusive environment, while maintaining appropriate boundaries.

## Managing Conflict



A workshop (in person or online) to help participants understand conflict, focusing on developing effective and constructive communication skills.

## Mapping your resilience



A workshop designed to help university staff chart what supports their resilience and enhance their ability to bounce back from challenges.

## Coping with pressure and managing priorities



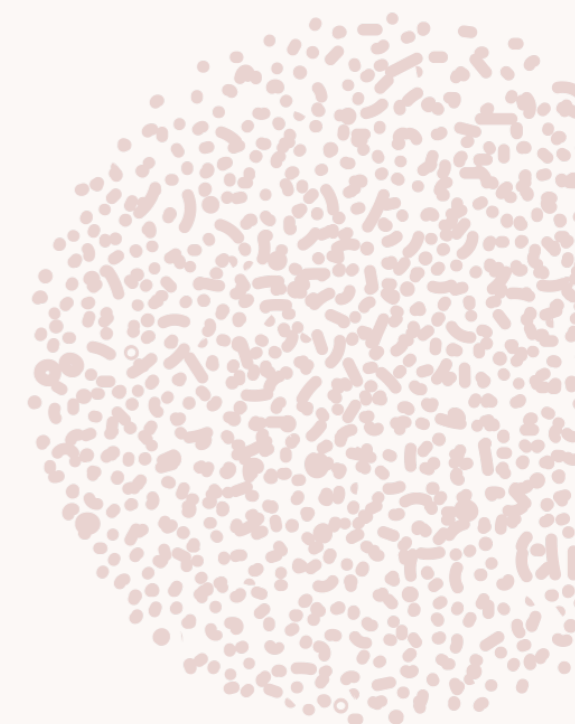
A workshop empowering university staff with strategies to manage stress and develop resilience.

FROM WHOM

## Creating your wellbeing dashboard



A workshop where university staff can learn to prioritise the activities that score high in promoting their wellbeing.



## Setting up supervision in HE



A workshop (in person or online) for managers on best practice and quality insurance when setting up supervision for mental health, counselling, wellbeing or student-facing support staff.

## Managing professional boundaries



A workshop (in person or online) for student-facing staff, focusing on establishing and maintaining professional boundaries to ensure a respectful and effective learning environment.

## Note-taking in support services



A face-to-face workshop for university counsellors, mental health or wellbeing advisors, or student support staff to develop a coherent note-taking model, enhancing quality assurance, governance and adherence to ethical standards across the service.

FROM WHOM

## Managing procrastination

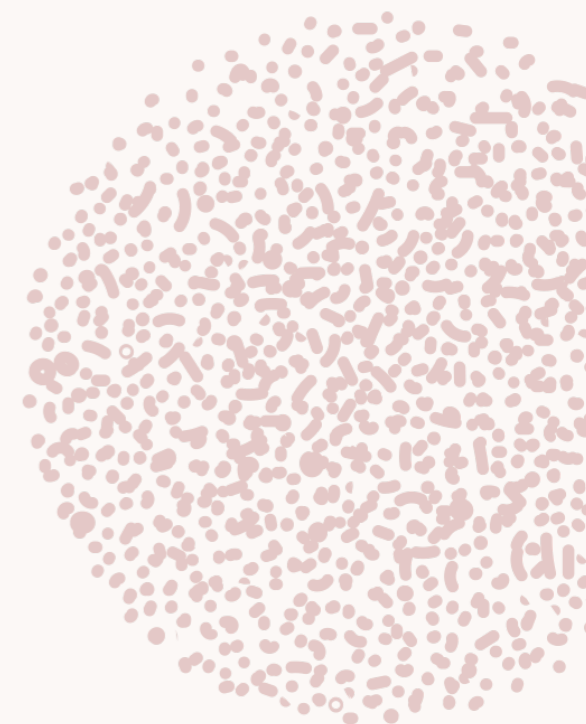


A workshop (in person or online) for university students or staff to understand procrastination and manage it using effective and practical strategies.

## Tutoring skills



A face-to-face workshop equipping tutors with pastoral skills to enhance their ability to listen, foster a supportive environment and support students as they transition through university.



# Face to face training



2.5 DAYS

*Further workshops  
can be added  
to this programme  
to embed professional practice  
and team development  
across the service.*

## 1. BRIEF COUNSELLING IN HE

- The current HE context
- Developing a brief counselling model
- Assessing for complex presentations
- Adapting models for brief work in HE FROM WHOM
- Developing consistent contracts across the team
- Introducing single sessions as part of service provision

### Course materials:

Each session will include a pack with relevant articles and resources.

## 2. EMBEDDING BRIEF WORK

- Reflective practice
- Fine tuning for short-term work
- Challenges and successes
- Next steps: integrating brief work moving forward

## 3. PROFESSIONAL PRACTICE

- Ethics regarding notetaking
- Governance and quality insurance
- Developing a coherent service model of notetaking



## TESTIMONIALS

### Sophie Cohen Jones, Training Manager, Student Minds

*Géraldine is a very knowledgeable trainer...*

*...vast knowledge of both the sector and challenges students face...*

*...wealth of facilitation skills to ensure the training is interactive and engaging for all participants.*

*I strongly recommend Geraldine to others and I am excited to continue our work with her.*

### BRIEF COUNSELLING IN HE COURSE:

*100% of participants found the training helpful*

*100% would recommend this training to a colleague.*

**Please contact  
Géraldine  
to develop bespoke  
Trainings to meet  
the needs of your team!!**







## FACILITATOR

### *Géraldine Dufour*

*Has developed these sessions bringing over 20 years' experience of working in university services, most recently as Head of Counselling at the University of Cambridge.*

As Chair of national executive committees and a founding member of national research groups in student wellbeing, mental health and counselling, Géraldine brings a unique and expert understanding of the sector to her work.

A contributor to best practice and research, she is the editor of BACP UC best-practice guidance for the Universities and Colleges sector, has written a chapter on Assessment in Short-term Counselling in HE, and reviewed the BACP Competences for Counselling in FE& HE, and for Coaching. Géraldine has been training counsellors on various HE courses for over 20 years.



## CONTACT

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