



GÉRALDINE DUFOUR

—
THERAPEUTIC
CONSULTATIONS
LTD

*Specialist
HE wellbeing,
counselling
and mental
health training*

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

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



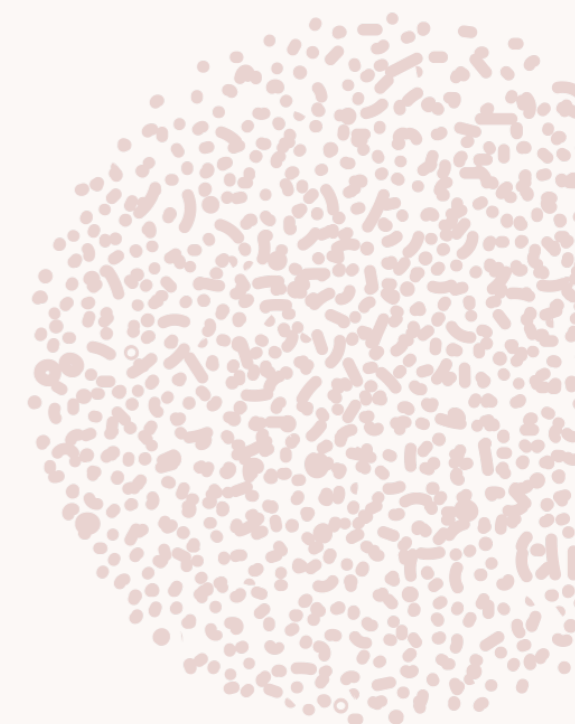
A workshop empowering university staff with strategies to manage stress and develop resilience.

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

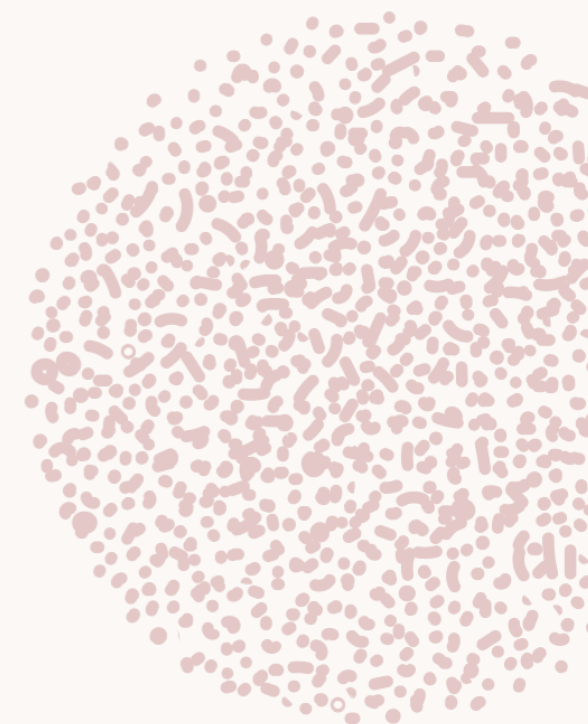


A workshop (in person or online) for university students or staff to understand procrastination and manage it using effective and practical strategies.

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.



Train the Trainer Course

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Student course

Receive a complete, ready-to-deliver training package including expert instruction, practical delivery experience, and customisable materials that enable immediate implementation of compliant student induction sessions at your institution.

1. TRAIN THE TRAINER COURSE



- For your wellbeing and welfare staff
- OfS compliance
- Key concepts and definitions
- Creating a safe & respectful community
- Facilitation skills FROM WHOM
- How to deliver the student course
- Techniques to handle tricky responses
- Course practice delivery in small groups
- Take home points

Course materials:

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

2. STUDENT COURSE



- To be facilitated by your staff
- Addresses OfS induction training requirements
- Bullying, Harassment and Sexual misconduct definitions, examples and impact
- Institution policies and procedures
- Creating a Safe & Respectful Community
- Introduction to Respect, consent, bystander interventions and allyship
- Institutional Resources



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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