



**METAVISION  
INSTITUTE**

# **Foundational Counselling Skills CERTIFICATE**

*Proudly presented to*

**Mary Brock**  
**April 2023**

**7 Week training including 2 Day workshop**

**Professional Development: 30 Hours**

## **Units**

- Emotional Intelligence and Foundational Counselling Skills
- Deep listening and what it really means.
- Presence, what does it mean to be there for another?
- Foundational Skills of Counselling
- Reflective listening and empathy
- Emotional Intelligence
- Skillful use of questions
- Shaping a healing conversation

**CHRISTINA NIELSEN**

Academic Director