



GÉRALDINE DUFOUR

—
THERAPEUTIC
CONSULTATIONS
LTD

2024 trainings

*Specialist
HE wellbeing,
counselling,
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 HE EXPERTISE: THE UNIVERSITIES OF CAMBRIDGE, BIRMINGHAM, BCU AND LEICESTER.

AIMS OF TRAININGS

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

FOR WHOM

- *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 and advisors, with the knowledge and skills to support students with mental health issues, providing practical strategies for fostering a supportive and inclusive environment while maintaining appropriate boundaries.

Managing Conflict



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

Mapping your resilience



A workshop designed to help university staff chart what support 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.

Creating your wellbeing dashboard



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

FROM WHOM



Setting supervision in HE



1 hour

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

Managing professional boundaries



90 min

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



3 Hrs

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

Tutoring skills



3 Hrs

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

FROM WHOM

Managing procrastination



90 min

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



*2.5 days
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 to 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



WHAT CLIENTS SAY

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

*Géraldine is a very knowledgeable trainer...
... she has helped to facilitate our Supporting Student Mental Health in Accommodation Settings training. Using her vast knowledge of both the sector and challenges students face, as well as her wealth of facilitation skills to ensure the training is interactive and engaging for all participants. She has also worked collaboratively with our Partnerships Manager delivering a variety of student mental health webinars for large corporate partners and helped us to successfully navigate a range of partnerships through this work. I strongly recommend Geraldine to others and I am excited to continue our work with her.*

BRIEF COUNSELLING IN HE

*100% 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 developed these sessions bringing over 20 years' experience of working in university services, most recently as head of counselling at the University of Cambridge.

Chair of national executive committees and founding member of national research groups in student wellbeing, mental health and counselling, Géraldine brings an expert understanding of the sector to her work. Contributor to best practice and research, she is the editor of BACP UC best-practice guidance for the Universities and Colleges sector, written a chapter on Assessment in Short-term Counselling in HE, and reviewed for BACP both the Competences for Counselling in FE& HE, and for Coaching, as well as training counsellors on various HE courses for over 20 years.



CONTACT

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