


Welcome to the UNODC eLearning module on

# BASIC COUNSELLING SKILLS

START

 60 minutes

# E-LEARNING



## BASIC COUNSELLING SKILLS

A service for people everywhere, including for those in humanitarian crises.

Based on UNODC's Treatnet Training Package, this online course will help to identify and conduct useful counselling strategies, structure a regular counselling session, understand the importance of clinical supervision, and conduct listening, responding, and teaching strategies to use in basic counselling support.

The objectives of this 60 minute self-paced, e-Learning basic counseling course include providing an overview of some of the basic elements of psychological treatment and counseling approaches and principles. The goal is for health care providers to ensure continued psychological support for people in personal and humanitarian crises.

[elearningunodc.org](http://elearningunodc.org)

Treatnet

# E-LEARNING: BASIC COUNSELLING SKILLS

The course is divided into six chapters

- Chapter one provides an introduction to counselling
- Chapter two provides an overview of the four basic counselling skills
- Chapters three through six provide a detailed look at four important basic counselling skills



**01** Introduction to Counselling



**02** Basic Counselling Skills



**03** Active Listening



**04** Processing



**05** Responding



**06** Teaching Clients New Skills



# **E-LEARNING:**

## **BASIC COUNSELLING SKILLS**

### **How to access the course:**

- Visit <https://elearningunodc.org/>
- Register as a new user
- Create a username and password
- Search for the Basic Counselling Skills course in the available courses or by utilizing the webpage's search feature

**The course is self-paced and can be stopped and restarted. The estimated course running time is 60 minutes.**

**The course is suitable for anyone who wants to learn basic counselling skills and for those who are working with individuals affected by stress and humanitarian crises, not just for mental health professionals.**

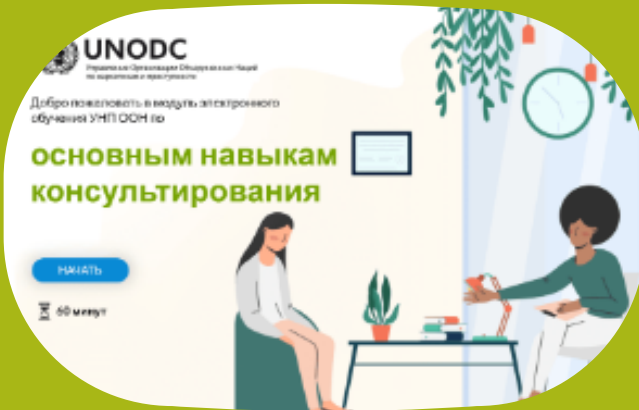
**Following the successful completion of the course, participants will receive a certificate of completion.**



# E-LEARNING: BASIC COUNSELLING SKILLS

## Available in different languages:

- Dari
- English
- Pashto
- Russian
- Spanish



# A special thanks to all the donors of the UNODC Global Programme on Partnerships for Treatment and Care of Drug Use Disorders

## Contact Us

### Prevention, Treatment and Rehabilitation Section

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REHABILITATION SECTION