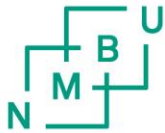




Foreløpig timeplan for 6. mars til 8. mars

Time	Content	Lecturer
Fri 6th March		
12.30	Registration	
13.00	Presentation of weekend outline and summary questions	Gry and Anna
13.15	Group work and plenum with summary questions from online lectures	Gry and Anna
14.15	BREAK	
14.30	Lecture 1: Introducing Debbie and Helen, and then Skilled Helper with Debbie	Debbie
15.30	FRUITBREAK	
16.00	Lecture 2: Coaching tools and tool for explaining SNS arousal and emotions to clients	Helen
17.00	BREAK	
17.15	Practical 1: understand application of Egan's first two stages (explore, understand)	Debbie and Helen
17.45	BREAK	
18.00	Practical 1: Practice the 'act' stage	Debbie and Helen
19.00	BREAK	
19.15	Practical 1: Plenum session	Debbie and Helen
20.00	End	
Saturday 7th March		
10.00	Feedback/ thoughts from yesterday (plenum session) leading into demo of building rapport/ setting at ease	Debbie and Helen
11.15	BREAK	
11.30	Practical 2: Extracting info from the client- applying counselling and coaching skills	Debbie and Helen
13.00	LUNCH	
14.00	Practical 2: How to give instructions/ information in a constructive way	Debbie and Helen
15.00	BREAK	
15.15	Feedback time	Debbie and Helen
15.45	Lecture 3: Problem solving, trouble shooting, cognitive dissonance and challenges to emotions	Debbie and Helen
16.45	Summary and questions	All four
17.00		



Norges miljø- og
biovitenskapelige
universitet

Sunday 8th March		
09.00	<i>Practical 3: Preparation Good/Bad counsellors/Good/bad clients</i>	<i>Gry and Anna</i>
10.00	<i>Practical 3</i>	<i>Gry and Anna</i>
10.10	<i>Break</i>	
10.20	<i>Practical 3</i>	<i>Gry and Anna</i>
11.10	<i>Practical 3</i>	<i>Gry and Anna</i>
11.30	<i>LUNSJ</i>	
12.30		
13.00	<i>Break</i>	
13.20	<i>Lecture 3: Practical benchmarking of training video</i>	<i>Anna</i>
14.00	<i>Break</i>	
15.00	<i>Lecture 4: Sample analysis of video consult</i>	<i>Gry</i>
15.30	<i>Summary, questions, presentation of exam</i>	<i>Gry and Anna</i>
16.00	End	