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A Training
For
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***Introduction to
Motivational***

Interviewing In this slide presentation I talk about the **basic**

concepts of
Motivational

Interviewing (MI). After a brief definition, topics

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include: the ...

Training For

**Contracting &
Ending a First**

Counselling Session

This is a role play of a first **counselling** session, concentrating on contracting, finding a tentative focus for the work and ending the ...

Role Play: Person

Centred Therapy The

person-centred approach focuses on

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the client being able to
develop a greater
understanding of self in
an environment
which ...

Basic Counseling

Skills: Kim Lampson,

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Counselling skills

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CPCAB's **Counselling**

Skills ...

Therapy Session:

Good Counseling

Skills Demonstration

Therapy Done

Effectively. This video

demonstrates good

therapy and is a useful

teaching tool. This is

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the second or third ...

Training For

**Case study clinical
example CBT: First
session with a client
with symptoms of
depression (CBT**

model) Case study

example for use in

teaching, aiming to

demonstrate some of

the triggers, thoughts,

feelings and responses

linked with ...

Case study clinical

example: First

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session with a client

with symptoms of

social anxiety (CBT model) Case study

example for use in teaching, aiming to demonstrate some of the triggers, thoughts, feelings and responses linked with ...

Counseling Session

#1 Description.

Starting from scratch: setting up a counselling training

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centre Find out what it's like to set up and run a **counselling training** centre in this short film by CPCAB. Featuring interviews with tutors ...

Basic Assessment Of A Personal Training Client Basic

Assessment Of A

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Client <http://www.strengthphysio.com/members> In this video I show how to do a very ...

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it's like to become a
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**How to Design a
Personal Training
Program for ANY**

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