

COUNSELLOR

WHAT IS A COUNSELLOR?

A Counsellor assists people to identify and define their emotional issues and better understand themselves by explaining options, setting goals, providing therapy and helping them to take action.

ROLES OF A COUNSELLOR

Counsellors may perform the following tasks:

- Work with clients to find solutions to emotional, mental and lifestyle problems
- Act as a facilitators in group sessions
- Work with other professionals such as medical practitioners, psychologists and social workers as part of a health management team
- Act as mediators in conflict resolution

SPECIALISATIONS

Counsellors may specialise in working with a particular group such as people from non-English-speaking backgrounds, Aboriginal and Torres Strait Islander people or single parents. Or they may specialise in a service area such as health, accommodation, relationships, employment, career development, grief and loss, stress management, child development or abuse issues.

PERSONAL REQUIREMENTS OF A COUNSELLOR

- Sympathetic and caring
- Good communication and listening skills
- Maturity
- Good life coping skills

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