

# Incidental counselling skills: Maintaining the Ok Zone



This workshop is for those who are not trained as counsellors but often find themselves dealing with agitated, angry or distressed people.

What if:

- You could calm yourself whenever you need to?
- You knew how to calm another person?
- You could avoid escalating difficult situations?
- You could invite engagement in the face of withdrawal, shut down and distress?
- What if you could de-escalate aggressive, abusive or dangerous behaviour?

In order to promote a safe, calm, productive environment for....You,  
Colleagues, Clients, Family and Others

Come to this very practical workshop:

- To learn and practise, for yourself, the skills & techniques of calming
- To learn and practise incidental counselling techniques that you can apply in your role and become a calm anchor for others

This interactive and practical workshop is presented by Fiona Griffith, Clinical Counsellor and PACFA accredited Supervisor. It is for anyone who works with distressed people.

To REGISTER interest email: [counselling@fgriffith.id.au](mailto:counselling@fgriffith.id.au) or phone 0414 985 934