



## HOME STUDY GUIDE:

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<b>TOPIC 1</b>	Introduction and philosophy. Definitions The role of the complementary health care practitioner
<b>TOPIC 2</b>	Stages and steps of the helping process Key aspects of the structure of the initial interview
<b>TOPIC 3</b>	Attending and listening skills
<b>TOPIC 4</b>	Sources of interference to listening in the helper Sources of interference to listening in the client
<b>TOPIC 5</b>	Eliciting and reflecting meaning Reflection of Meaning, content and feelings
<b>TOPIC 6</b>	Focussing the narrative Advanced accurate empathy
<b>TOPIC K 7</b>	Practitioners use of self
<b>TOPIC 8</b>	Identifying issues and clarifying goals Building readiness for change
<b>TOPIC 9</b>	Gaining new perspectives Positive reframe / connotation The nature and role of immediacy
<b>TOPIC 10</b>	The nature and role of confrontation Creating leverage
<b>TOPIC 11</b>	Implementing goals
<b>TOPIC 12</b>	Ethical decision making model

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