

Day 1 Thursday 1 October 2026

- 9:00am** Welcome and introductions.
- 9:30am** Counselling Principles: Beginning: creating a facilitative environment/relationship.
- 10:30am** Break
- 11:00am** Counselling Skills I: Exploration - gaining a deeper understanding.
- 12:00pm** Lunch
- 1:00pm** Counselling Skills II: Exploration - working through
- 2:00pm** Break
- 2:15pm** Audiological Services: Basic audiology
- 4:00pm** Break
- 4:15pm** Audiological Services: Personal experience and Q and A
- 4:45pm** Relaxation (including mindfulness exercise)
- 5:30pm** Close

Day 2 Friday 2 October 2026

- 9:00am** Medical session
- 10:15am** Break
- 10:25am** Medical session
- 11:20am** Break
- 11:30am** Introduction to Cognitive Behavioural Therapy (CBT)
- 1:00pm** Lunch
- 1:30pm** How To - Counselling Skills
- 2:45pm** Group Reflective Discussion
- 3:30pm** Close