



# Welcome

**COSCA Certificate in  
Counselling Skills**

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## **COSCA Counselling Certificate Module Two**

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## **Module 2    Unit 2**

**Introduction to structures**

**Boundaries & Beginnings**



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### The First Meeting

- Beginning the relationship
- Establishing boundaries
- Getting to know the Speaker and his/her issues
- Assessing the appropriateness of using a counselling approach with the Speaker and possible referral
- Agreeing the contract
- Confidentiality



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### Boundaries in the Helping Relationship

A boundary is that which separates me from you or that which differentiates what is acceptable from what is not acceptable for a person in a particular context.



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### Important Boundaries in the Counselling Approach

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| <ul style="list-style-type: none"><li>• Code of Ethics</li><li>• Time</li><li>• Space</li><li>• Confidentiality</li><li>• Acceptable Behaviour</li></ul> | <ul style="list-style-type: none"><li>• Social Relationships</li><li>• Touching</li><li>• Limitations</li><li>• Contracts</li></ul> |
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### Personal Boundary Challenges

**Have you any specific examples of when you had difficulty holding the boundary?**

- What happened?
- What might have happened if the boundary had been clearer?
- What might happen if you fail to hold this boundary with someone you are supposed to be helping?



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