

# Inner Action Counselling



## Seeing the Unseen.

### Course Structure.

Duration: 2 hours, (1 hour teaching + 1 hour discussion).

Format: Online, (Zoom).

### Overview:

- Introduction & Context: Trainer background, course goals, and lived experience insights.
- Understanding Disability: Key legal definitions, (England and Wales), physical and sensory considerations, and the disability continuum.
- Inclusive Practice: Practical strategies for accessible sessions before, during, and after therapy.
- Referral & Signposting: Best practice for ethically supporting clients when you cannot work with them.
- Self-Reflection & Practitioner sustainability: Building confidence, planning next steps, and maintaining professional wellbeing.
- Discussion & Q&A: Open space to reflect, ask questions, and share learning.

### Aims.

- To increase practitioner confidence in working with clients who have physical and/or sensory disabilities.
- To support more inclusive and accessible counselling practice.
- To reduce unnecessary therapist refusal by strengthening understanding and capability.
- To encourage reflective, ethical decision-making, including appropriate referral where needed.

### Learning Objectives.

By the end of this training, participants will be able to:

- Describe key legal and practical definitions of physical and sensory disability, (England and Wales).
- Identify common barriers disabled clients may face in accessing therapy.
- Apply practical strategies to improve accessibility before, during, and after sessions.
- Adapt communication and therapeutic approaches in response to client needs.
- Reflect on personal assumptions, fears, and areas for development.
- Make informed, ethical decisions about when to work with a client and when to refer.
- Signpost appropriately to relevant services, including helplines and specialist organisations.
- Develop a personalised, step-based approach to building inclusive practice.