

OVERVIEW OF COUNSELLING BASICS TRAINING 2009

Facilitator: Heather Ferris

Pre-training

Session 1: Friday evening

- Introduction
- Agenda
- Confidentiality
- Training overview
- Introduction exercise; including dyads, talking about expectations and strengths. Then dyads join another dyad and so on.
- Trust building exercise as a group
- What is counseling? How can it be strength based? How is counseling more than friendship?
- "How to be a help instead of a nuisance"
- Simple presence exercise
- Large group debriefing and closure.

Session 2 Saturday 9am-5pm

- Trust exercise: write a secret on a piece of paper and give it to you neighbour to hold. Fold the paper so your secret is safe.
- Cultivating curiosity, openness and warmth about yourself as helper ("tracking what is going on in me.")
- Feelings and the difference between thinking and feeling.
- Body awareness and counseling; Listening to your own feelings

Lunch

- Primary painful feelings: anger, fear and sadness and our response
- Making space for people to feel their feelings and release the energy around the feelings
- Open versus closed questions
- Role play demonstration (leaders)
- Role-play practice sessions
- Debrief
- Using your senses and intuition: Having a hunch and checking it out
- Debrief
- Empathy practice and self-disclosure exercise
- Sharing with the group what they learned about themselves in pre-training experience
- Evaluation of training
- What happens next?
- Closure