

# Cowichan Family Life Association

## Volunteer Counselling Training Program Application

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

**NOTE:** PLEASE ATTACH A CURRENT RESUME. ALL APPLICATIONS & RESUMES WILL BE SHREDDED FOLLOWING THE SELECTION PROCESS.

Counselling Commitment: The training involves a long-term commitment. Each graduate trainee is expected to provide one year of direct client service. These commitments are ... (1) two clients per week, (2) supervision time, (3) case conference meetings and (4) on-going training, for a total of three to four hours per week.

**Please comment on your ability to keep the commitments.**

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**Education/Training**

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**Have you had experience as a volunteer? \_\_\_\_\_ If so, where? (name, address, phone #)**

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**What impact did this volunteer work have on your life?**

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**What do you consider were the strengths you brought to your volunteer work or other work situations?**

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**Why have you chosen to volunteer at Cowichan Family Life at this time? What are your learning goals? What do you hope to gain from volunteering with Cowichan Family Life?**

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**Have you received personal counselling and/or been a client in a personal growth group? How did that experience impact your life? What impact did it have on your relationship with people?**

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**What are the current issues you are working on in the process of your personal growth?**

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**If issues come up for you during the training, what personal strengths will support you? How would you access those strengths?**

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**Being empathic to another person's problems entails putting forth an effort to understand the situation. Give an example of a time when you were able to be empathic. How was that helpful to the person?**

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**Give an example of when you were in crisis and how you handled it.**

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