PEER COUNSELING TRAINING SCHEDULE

SEPTEMBER 7 - OCTOBER 26, 1989

SESSION I - SEPTEMBER 7

1) Introduction to Peer Counseling, description, historical perspective
2) Guidelines - rules for training/attendance and confidentiality
3) Outline of training
4) Get acquainted/strength bombardment exercise

**HOMWORK FOR SESSION II - HANDOUTS

SESSION II - SEPTEMBER 14

1) Perspectives on disability
   a) definition of terms
   b) common attitudes towards disabilities
   c) visible vs hidden disabilities
   d) personal perspectives - sharing
   e) film

**HOMWORK FOR SESSION III - PAGES 1-12, 23-58 & HANDOUTS

SESSION III - SEPTEMBER 21

1) Understanding the peer counseling process
   a) introduction
2) Preparation for helping
3) Characteristics of helpers
4) Process of helping
   a) listening
   b) attending
   c) body language
   d) do's & dont's of active listening
5) Identifying feelings - group exercise
6) Exercise in identifying feelings
   a) responding and feeling statements
7) Exercises in listening to each other

**HOMWORK FOR SESSION IV - HANDOUTS
SESSION IV - SEPTEMBER 28

1) Crisis Intervention - speaker
   a) presentation on crisis intervention
   b) strategies to use in crisis intervention
   c) practice and role playing in crisis intervention

2) Practice in peer counseling

**HOMEWORK FOR SESSION V - PAGES 12-22, 59-69

SESSION V - OCTOBER 5

1) Importance of relaxation in peer counseling
   a) stress vs burnout
   b) burnout - symptoms of and how to prevent
   c) relaxation - how to
   d) Review feelings
   e) Observing/attending
   f) Responding
   g) Facilitating self-understanding

2) Assertiveness
   a) definition/importance of assertiveness
   b) assertiveness vs passive/aggressive behavior
   c) role-playing

**HOMEWORK FOR SESSION VI - HANDOUTS

SESSION VI - OCTOBER 12

1) Sexuality and disability - speaker
   a) myths about reactions to sexuality of disabled persons
   b) resources available to assist disabled persons in adjusting to their sexuality
   c) group discussion

2) Problem Solving
   a) importance of
   b) explanation of problem solving process
   c) practice

SESSION VII - OCTOBER 19

1) Advocacy
   a) definition/importance
   b) types of advocacy
   c) advocacy and peer counseling
   d) how to self-advocate
   e) how to advocate for someone else

2) Information and referral

3) Depression
**HOMEWORK FOR SESSION VIII - STUDY FOR TEST!!!!!!

SESSION VIII - OCTOBER 26

1) Final exam/interviews
2) Review Exams
3) Celebration time!