

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

**HOMEWORK 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

**HOMEWORK 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

**HOMEWORK 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 (Janie Gilkinson)
 - 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 (Guy Bell)
 - 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!