

PEER COUNSELING SCHEDULE
FEBRUARY 1 - APRIL 5, 1989

SESSION I - 2/1

- 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 - PAGES 1-12 & HANDOUTS**

SESSION II - 2/8

- 1) Understanding the peer counseling process
 - a) introduction
- 2) Perspectives on disability
 - a) definition of terms
 - b) visible vs hidden disabilities
 - c) common attitudes towards disabilities
 - d) personal perspectives - sharing
 - e) ways of coping w/ negative social attitudes
 - f) group exercises/role playing
- 3) Independent Living
 - a) definition of
 - b) importance and implementation of
 - c) Independent Living Center's role
 - d) peer counseling and Independent Living Centers

****HOMEWORK FOR SESSION III - PAGES 12-36 & HANDOUTS**

SESSION III - 2/15

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

****HOMEWORK FOR SESSION IV - PAGES 37-57 & HANDOUTS**

SESSION IV - 2/22

- 1) Importance of relaxation in peer counseling
 - a) stress vs relaxation
 - b) burnout - symptoms of and how to prevent
- 2) Relaxation - how to (group exercise)
- 3) Review feelings
- 4) Observing/attending
- 5) Responding
- 6) Facilitating self-understanding

**HOMEWORK FOR SESSION V - PAGES 59-78 & HANDOUTS

SESSION V - 3/1

- 1) Assertiveness
 - a) definition of assertiveness
 - b) importance of assertiveness
 - c) myths about assertiveness
 - d) assertiveness vs passive/aggressive behavior
 - e) role playing - practice in assertive behavior
- 2) 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

**HOMEWORK FOR SESSION VI - HANDOUTS

SESSION VI - 3/8

- 1) Problem Solving
 - a) importance of
 - b) explanation of problem solving process
 - c) practice
 - d) practice in assisting another person w/ problem solving
- 2) Information & Referral
 - a) when to refer a person
 - b) how to refer a person
 - c) resources available
 - d) Community Council directory
 - e) how to refer to DCIL
 - f) what happens when you refer to DCIL

**HOMEWORK FOR SESSION VII - HANDOUTS

SESSION VII - 3/15

- 1) Crisis Intervention
 - 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 VIII - HANDOUTS**

SESSION VIII - 3/22

- 1) Sexuality and disability
 - 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) Practice in peer counseling

****HOMEWORK FOR SESSION IX - REVIEW FOR TEST!!!!**

SESSION IX - 3/29

- 1) Review
- 2) Exercises in peer counseling
- 3) Final Exam/Interviews

SESSION X - 4/5

- 1) Review
- 2) Business - confidentiality, policies, etc.
- 3) What they received from training, what they plan to do with training
- 4) distribution of certificates
- 5) celebration time

DALLAS CENTER FOR INDEPENDENT LIVING
APPLICATION FOR PEER COUNSELING TRAINING

I. GENERAL INFORMATION

Name: _____ Birth Date: _____

Address: _____ Sex: _____

_____ Race: _____

_____ SS # _____

Phone: _____ / _____

(Home) (Work)

Disability: _____ Age of Onset _____

Employment (if applicable) _____

II. background information (Please answer these questions in detail)

A. Describe your disability, how it occurred, how it impacted on your life, what rehabilitation and/or services received, and your general adjustment to living life independently. How have you adjusted to your disability? (Use back of page if necessary)

B. What is your educational background? _____

Where did you attend school? _____

Did you complete high school? _____

(Indicate any training/education in addition to high school, particularly include any psychology/counseling courses) _____

- C. Have you ever experienced: _____ professional counseling?
_____ peer counseling?

If you have experienced either of these, please describe your experience and/or benefits received.

III. YOUR TRAINING EXPECTATIONS

- A. How did you learn about peer counseling training? _____

- B. What are your reasons for wanting to be a peer counselor?

- C. Would you make a good peer counselor? Why? (Please be specific.)

- D. What would you like to gain personally from this training? _____

- E. How do you plan to use peer counseling training when you have completed it?

(Completion of this form is the first step toward admission to the Peer Counseling Training Program. It in no way ensures acceptance. The form will be reviewed and then an interview scheduled with the Peer Counseling Trainer. The Peer Counseling Trainer will then notify you of your status with the program.)



**Dallas Center for
Independent Living**

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PEER COUNSELING SCHEDULE

Session I - 9/7

1. Introduction to Peer Counseling, description, historical perspective

2. Guidelines - rules for training/attendance and confidentiality. - *interview*

3. Outline of training

Break

Get acquainted/strength bombardment exercise.

Session II - 9/14

1. Perspectives on disability

a. Definition of terms

b. visible vs. hidden disabilities

c. Common attitudes toward disabilities

d. Personal perspectives - sharing

e. Ways of coping with negative social attitudes

f. Group exercise/role playing

2. Independent Living

a. Definition of

b. Importance and implementation of

c. Independent Living Center's role

d. Peer Counseling and Independent Living Center

Session III - 9/21

1. Process of helping
2. Characteristics of helpers
3. Process of helping

Listening

Attending

Body language

Do's and don't's of Active Listening

4. Identifying Feelings - Group Exercise
5. Exercise in identifying feelings.
responding and feeling statements
6. Exercises in listening to each other

Session IV - 9/28

1. Preparation for Helping
2. Stress vs. Relaxation
3. Burnout - symptoms of and how to prevent
4. Relaxation - how to

Break

1. Group Exercise in Relaxation techniques
2. Practice in teaching each other.

Session V - 10/5

Test and midpoint interviews

Break

Group session - role playing etc.

Session VI - 10/12

1. Advocacy

Definition Importance

Types of Advocacy

Advocacy and Peer Counseling

How to Self Advocate

How to Advocate for someone else

Break

2. Assertiveness

Definition of Assertiveness

Importance of Assertiveness

Myths about Assertiveness

Assertiveness vs. Passive/Agressive behavior

Role playing - Practice in Assertive Behavior.

Session VII - 10/19

1. Crisis Intervention

Presentation from Crisis Center

Strategies to use in Crisis Intervention

Practice and role playing of Crisis Intervention Practice

Session VII Cont.

Break

2. Myths about reactions to sexuality of disabled persons.

Resources available to assist disabled persons in adjusting to their disability.

Group discussion/Exercise

Session VIII - 10/26

1. Problem Solving

Importance of

Explanation of P.S. process

Practice

Practice in assisting another person with problem solving process.

Break

2. Continue problem solving as needed.

3. Information and Referral

a) When to refer a person

b) How to refer a person

c) Resources available

d) Community Council Directory

e) How to refer to DCIL

f) What happens when you refer someone to DCIL

IX. 11/2

Practice in Peer Counseling final interviews begin.

X. 11/9

Practice session and exam. Final interviews end.

XI. 11/16

Business - confident, etc.

What they received from training, what they plan to do with training.

Distribution of Certificates celebration time.