

Training Dates for Volunteer Counselling Program 2024

Participation in all training dates is mandatory.

Orientation/ Foundational Practices and Unconscious Bias

Saturday, April 20, 2024, 9 a.m.-2 p.m.

Discuss the rights and responsibilities of the volunteer; sign a confidentiality agreement; receive a key card; go through building procedures; make training fee payments etc.

Practice counselling dyads will be formed. You will have an opportunity to ask questions and gain clarity about what will be expected.

Foundational Practices and Unconscious Bias will be explored.

Session #1 *Introductory Weekend*

Friday, April 26, 2024, 6 p.m. - 9 p.m.

Saturday, April 27, 2024, 9 a.m. - 3:30 p.m.

Sunday, April 28, 2024, 9 a.m. - 3:30 p.m.

The Introductory Weekend will provide you with an overview of the training components. We will focus on building group rapport; Transference/Counter Transference and examine personal issues relevant to counselling. A review of the counselling basics will be provided. First practice videos will be recorded.

Session#2 *Pod Group Practice Session Review/feedback*

May 11, 2023, 9 a.m.- 4:30 p.m.

You will receive feedback on your first practice videos.

Session #3 *Solution-Focused Counselling*

Saturday, May 25, 2024, 9 a.m.-3:30 p.m.

Sunday, May 26, 2024, 9 a.m.-3:30 p.m.

This session will focus on solution-focused counseling; customer/complainant and visitor relationship dynamics; goal setting; and providing homework to clients.

Session #4: *Family of Origin Weekend*

Friday, May 31st, 2024, 6 p.m. - 9 p.m.

Saturday, June 1st, 2024, 9 a.m.- 5 p.m.

Sunday, June 2nd, 2024, 9 a.m.- 5 p.m.

This weekend session will focus on the influences of your family of origin; family systems; and personal issues will be framed in the context of your family system; life position; life scripts; and beliefs. How these guide your interactions, show up with you, and how they show up with clients. This weekend will provide an opportunity to explore personal issues in a safe environment.

Session #5 *Working with Grief, Indigenous Informed Practices*

Saturday, June 8, 2024, 9 a.m. - 3:30 p.m.

Explore different kinds of losses in life; how to support clients in grief; stages of grief etc.

Sunday, June 9, 2024, 9 a.m. - 3:30 p.m.

Indigenous informed practices.

Session #6: Suicide Prevention

Saturday, June 15, 2024, 9 a.m.-3:30 p.m.

This session will provide you with an overview of suicide prevention factors that contribute to suicide ideation and how to recognize possible signs and symptoms in clients. Suicide prevention safety plan practice session.

Session#7 Inner Child Work/Shadow Work

Saturday, June 22, 2024, 9 a.m. - 3:30 p.m.

Exploring Inner Child Work and Shadow Work

Inner child work is an approach to recognizing and healing childhood trauma. It recognizes that our behaviors as an adult stem from our childhood experiences. Inner child work focuses on addressing our unmet needs by re-parenting ourselves.

Shadow work: Working with your unconscious mind to uncover the parts of yourself that you repress and hide from yourself. This can include trauma or parts of your personality that you subconsciously consider undesirable.

Session# 8 Pod Group Practice Session Review/Feedback,

Protocols, Ethics, Potluck

Sunday, June 23, 2023, 9 a.m.- 4:30 p.m.

You will receive feedback on your last practice videos.

Saturday, June 29, 2024, 9 a.m. - 3:30 p.m.

We will review all our protocols, forms, and ethics.

We celebrate the end of training with a potluck.

There might be minor changes to the schedule!