



Cowichan Family Life

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A United Way –
Central & Northern
Vancouver Island

2018 - 2019 Volunteer Peer Counselling Training

Overview

Volunteer Peer Counselling Training is offered once per year and consists of 100 hours of training and practice, videotaped practice sessions, and a short, closely supervised practicum.

Cowichan Family Life uses a strength-based, solution focused brief therapy (8 sessions) model to support clients presenting current issues that are negatively impacting their lives. Volunteer Peer Counselling training includes classroom instruction, skills practice, discussions, experiential work, and workshops to understand the counselling process, and develop the practical skills and techniques used in the peer counselling practice.

The **Volunteer Peer Counselling Training** will begin in November, finish in February, and will be followed by a brief practicum. Workshops will be on weekends, although not all weekends, during those months. Cowichan Family Life Association (CFLA) will also offer additional training opportunities of interest to peer counsellors as funding allows.

Fee Schedule & Refunds

The value of the full Volunteer Peer Counselling Training is \$650 and the fee consists of a \$250 monetary payment *plus* a 100 hour volunteer counseling component *equivalent* to 2 clients per week for one year. Peer counsellors must also attend regular (bi-weekly) clinical supervision groups (PODS) while active as a peer counsellor. Those wishing to forgo the 100 hour volunteer component must pay the full fee of \$650 and complete a full set of sessions (8) with at least one client at CFLA prior to receiving the **Certificate of Completion** for the **Volunteer Peer Counselling Training**.

To provide an opportunity to explore Volunteer Peer Counselling Training, the *Introduction to Volunteer Peer Counselling* module is offered at a non-refundable cost of \$75, which is applied to the \$250 for the full Volunteer Peer Counsellor Training should the applicant wish to continue. However, the \$175 fee for the remainder of the training is non-refundable after the *Introduction to Volunteer Peer Counselling* module. Participants who fail to complete the volunteer commitment will be invoiced a prorated fee for any unfulfilled volunteer hours.

Application & Deadline

To be considered for the Volunteer Peer Counselling Training, please submit the following by:

email cfla@cowichanfamilylife.org

fax 250-748-1651,

mail or hand deliver to Cowichan Family Life, 28 – 127 Ingram Street, Duncan, BC V9L 1N8

Deadline is Thursday, October 18, 2018.

- a completed application
- a brief resume
- 3 personal or professional references

Instructor(s)

Diane Trapp, MA RCC, is the Clinical Supervisor for the Volunteer Peer Counselling Program and is the instructor for our training. Diane graduated with a MA in Counselling Psychology in 1998 and has been a Registered Clinical Counsellor since 2002. Since that time Diane has gained a wealth of practical experience having worked in Mental Health, Corrections, Child Protection, Private Schools, Continuing Education, and facilitated a number of workshops through her private practice. Diane will also include guest speakers to deepen your understanding of grief and loss, domestic violence, and cultural diversity.

Introducing herself, Diane says, "I love my job, I love this work, and I am grateful to be a part of the counseling service that allows a vehicle to walk a mile in someone else's shoes, and be a witness to their journey. It is an honoured position and I look forward to sharing my learning with all of you."

Expectations of Participants

- To ensure success, participants are expected to attend **all** sessions and participate in exercises and discussions. Should it be absolutely necessary to miss a session, participants must make arrangements in advance with the instructor, and offer a plan for how missed material will be covered.
- Participants are expected to demonstrate self-reflective participation, explore their own personal landscape, demonstrate a respectful presence in relation to others in the course, and contribute to a warm, supportive learning environment in a non-judgmental manner.
- Because this course deals with the nature of helping relationships, with a focus on counselling relationships, participants are required to conduct themselves in a professional and ethical manner (to be discussed early in the course).
- Once accepted into the program, all trainees and volunteer peer counsellors are required to adhere to CFLA's Policies and Procedures, a Code of Ethics, a Confidentiality Agreement, provide a Criminal Record check, and complete a 100 hour volunteer commitment.

Evaluation

- Participants will be evaluated throughout the program taking into consideration such factors as attendance, participation, ethical conduct, understanding and practice of skills, assignments, personal well-being and capacity as a peer counsellor. To ensure the best possible outcomes for completion and success, trainees will be provided with at least one interim review of their progress and a final evaluation.

Certificate of Completion

- Participants will receive a **Certificate of Completion** for **Cowichan Family Life's Volunteer Peer Counselling Training Program** when the following components have been satisfied and an acceptable level of competency has been demonstrated by the participant:
 - 100 hours of training and practice
 - Minimum of two 30 minute videotaped practice counselling sessions
 - Minimum of 4 peer counselling sessions
 - 2 group supervision (POD) sessions

Information Session

An information session will take place at 28 – 127 Ingram Street on This is an opportunity to learn about the agency and the Volunteer Peer Counselling Program and to meet Diane Trapp, MA RCC. She will be pleased to answer any questions.

2018 Volunteer Peer Counsellor Training Schedule

Hours Saturdays and Sundays, 9am – 5pm

Dates: November 17, 2018 every other weekend through to February 16, 2019

- Introduction to Volunteer Peer Counselling 14 hours
- Ethics and Counselling
- Culture and Diversity in Counselling

- Foundational Theory, Skills, and Practice in Counselling 14 hours
- Practice, and Interim Counselling Skills Evaluation

- Solution-Focused Approach to Counselling 14 hours
- Practice, and Introduction to Practice Videotaping

- Social Engagement (Relationships) and Counselling 14 hours
- Trans-theoretical Model of Change and Counselling; practice

- Anxiety and Depression; Grief and Loss
- Violence and Abuse; counselling practice 14 hours

- Self-Care and Counselling 14 hours
- Final Practice, Preparation for Practicum and Celebration

- Practicum / Supervision 16 hours
- 2 or 3 Practice Videotapes
- Final Counselling Skills Evaluation

Volunteer Peer Counselling Training - Learning Objectives

Upon completion of this course participants will be able to:

- Identify the characteristics of an effective counsellor and maintain a professional conduct
- Describe and apply the core conditions of counselling
- Identify, understand, and apply the foundational skills in helping and counselling
- Demonstrate a solid understanding of the ethics of helping
- Differentiate the stages of counselling
- Understand and apply some of the key concepts of change in the helping environment
- Acquire a basic understanding of common client concerns in the helping environment
- Recognize cultural differences and identify own cultural competencies in the helping environment
- Identify personal skills, strengths, and limitations as they relate to helping others
- Demonstrate competence in the role of a Peer Counsellor while following agency policy, protocol, and practices.