# 

**Counselling training program**

**United Board is organizing a counselling training program in collaboration with Christian Theological Seminary at Jaffna from 19th August to 24th August and also with the diaconal ministry of CACM (Church of American Ceylone Mission) at Batticaloa from 26th August to 31st August, 2019. This is an intense training program for six days. All the participants are expected to attend all the sessions and participate in the group activities. United Board will cover the training cost (Fee), accommodation and food for six days. The participants will have to meet their own travel to and from their home institutions.**

**This training aims to train the trainers for counselling in Jaffna and Batticaloa and also to offer counselling help for the women in the communities at Jaffna and Batticaloa. In both the programs 45 participants will be identified and 6 days training in each place will be held on counselling skills. In the evening the resource team will go to the communities and provide counselling services to the war affected women and they would also render one to one counselling for the participants if required.**

**The Faculty members from the Psychology department of Women’s Christian College, Chennai and Lady Doak College, Madurai will serve as the resource persons for the therapeutic counselling and for the training program.**

**The resource persons are:**

* ***Dr Zarina, Associate professor of Psychology, WCC***
* ***Dr Jelin Rebekha, the counsellor and also a lecturer, WCC***
* ***Ms. Jemmy, Assistant Professor of Psychology, WCC***
* ***Dr Synthia Mary Mathew, Associate Professor of Psychology, Lady Doak College*.**

**Topics to be dealt in the training program**

**Self-awareness - Who Am I, In touch with feelings, Counselling an Introduction, Communication process – hindrances, Counselling process – stages, Counsellor Skills, Attention: SOLER, posture, gesture, Listening Skills, Responding skills, Counsellor attributes, Unconditional regard and empathy, Congruence and Flexibility/ non - judgmental**

**The facilitators will use different activities, games and video clips for their sessions and each day will have a group activity. An opportunity will also be given to all the participants to practice the skills taught in the training program.**

**Intended outcome of the program:**

* **These two programs will develop a group of counsellors who in turn will do training for others involved in community counselling**
* **They will be able to build a peer team for counselling**
* **They will be able to remove the stigma attached to counselling**
* **Create a greater awareness in the communities on counselling**
* **Prepare a ground work for the future community colleges in these areas**
* **This will help the institutions to develop appropriate courses for the war affected women in the communities through the community college**

**Contact Details**

**Rev. Kamal** [**kamalcacm@gmail.com**](mailto:kamalcacm@gmail.com) **Jaffna**

**Jaff**

**Rev. Rohaan**

[**rohaanpr@gmail.com**](mailto:rohaanpr@gmail.com)

**Batticaloa**

**Program Schedule**

**Counseling Training Program**

**Jaffna, Sri Lanka**

**Program Schedule**

**19 Aug – 24 Aug, 2019**

|  |  |  |
| --- | --- | --- |
| **Time** | **Activities** | **Resource person/ Venue** |
| **Aug 19 (Monday)** | | |
| **7:45 - 8 : 30** | **Break Fast** |  |
| **08: 30 – 09 :00** | **INAUGURATION AND GROUP PHOTO** | **Rev Thevanesan and Dr Spurgeon** |
| **09.00 – 10.15** | **Self-awareness - Who am I?** | **Ms Jemmy Suthandiradas** |
| **10: 15 – 11: 30** | **In touch with feelings** | **Dr Zarina** |
| **11: 30 – 11 : 45** | **Tea Break** | |
| **11:45 – 13 : 00** | **Counselling : an Introduction** | **Dr Synthia Mary Matthew** |
| **13.00 – 14.00** | **Lunch** |  |
| **14.00 – 15.15** | **Communication process** | **Dr. Synthia Mary Matthew** |
| **15.15 – 15.35** | **Tea Break** |  |
| **15.35 –16.50** | **Counselling : Process and stages** | **Dr Synthia Mary Matthew** |
| **19:00 – 20:00** | **Dinner** |  |
| **Aug 20 (Tuesday)** | | |
| **7:45 - 8 : 30** | **Break Fast** |  |
| **08: 40 – 09 :00** | **Morning Devotion** | **Dr Spurgeon** |
| **09.00 – 10.15** | **Counsellor Skills : Attending** | **Ms Jemmy Suthandiradas** |
| **10: 15 – 11: 30** | **Counsellor Skills :Listening** | **Ms. Jelin Rebekah** |
| **11.30 – 11.45** | **Tea Break** | |
| **11:45 – 13 : 00** | **Inner healing: Identifying past wounds** | **Synthia & Jemmy** |
| **13.00 – 14.00** | **Lunch** | |
| **14.00 – 15.15** | **Inner healing :Acceptance and Forgiveness** | **Dr. Zarina** |
| **15. 15 – 15.35** | **Tea Break** |  |
| **15.35 –16.50** | **Growth Group : Orientation** | **Synthia, Zarina, Jelin, Jemmy** |
| **19:00 – 20:00** | **Dinner** |  |
| **Aug 21 (Wednesday)** | | |
| **7:45 - 8 : 30** | **Break Fast** |  |
| **08: 40 – 09 :00** | **Morning Devotion** | **Dr Spurgeon** |
| **09.00 – 10.15** | **Counselling Skills: Responding** | **Dr Synthia Mary Matthew** |
| **10: 15 – 11: 30** | **Counsellor attributes : Unconditional Regard and Empathy** | **Ms. Jelin Rebekah** |
| **11.30 – 11.45** | **Tea Break** | |
| **11:45 – 13 : 00** | **Counsellor attributes :Congruence and Flexibility** | **Dr Zarina** |
| **13.00 – 14.00** | **Lunch** | |
| **14.00 – 15.15** | **Practical counselling: Session I** | **Synthia, Zarina, Jelin, Jemmy** |
| **15. 15 – 15.35** | **Tea Break** |  |
| **15.35 –16.50** | **Growth Group: Session I** | **Synthia, Zarina, Jelin, Jemmy** |
| **19:00 – 20:00** | **Dinner** |  |
| **Aug 22 (Thursday)** | | |
| **7:45 - 8 : 30** | **Break Fast** |  |
| **08: 40 – 09 :00** | **Morning Devotion** | **Dr Spurgeon** |
| **09.00 – 10.15** | **The Person: Multiple dimensions** | **Dr Synthia Mary Matthew** |
| **10: 15 – 11: 30** | **A Counselling model -** | **Dr Synthia Mary Matthew** |
| **11.30 – 11.45** | **Tea Break** | |
| **11:45 – 13 : 00** | **Case study analysis, reporting & Discussion** | **Dr Zarina** |
| **13.00 – 14.00** | **Lunch** | |
| **14.00 – 15.15** | **Practical Counselling: II** | **Synthia, Zarina, Jelin, Jemmy** |
| **15. 15 – 15.35** | **Tea Break** |  |
| **15.35 –16.50** | **Growth Group : Session II** | **Synthia, Zarina, Jelin, Jemmy** |
| **19:00 – 20:00** | **Dinner** |  |
| **Aug 23 (Friday)** | | |
| **7:45 - 8 : 30** | **Break Fast** |  |
| **08: 40 – 09 :00** | **Morning Devotion** | **Dr Spurgeon** |
| **09.00 – 10.15** | **Crisis Counselling I** | **Zarina / Jelin** |
| **10: 15 – 11: 30** | **Crisis Counselling II** | **Zarina / Jelin** |
| **11.30 – 11.45** | **Tea Break** | |
| **11:45 – 13 : 00** | **Trauma Counselling I** | **Synthia/ Jemmy** |
| **13.00 – 14.00** | **Lunch** | |
| **14.00 – 15.15** | **Trauma Counselling II** | **Synthia/ Jemmy** |
| **15. 15 – 15.35** | **Tea Break** |  |
| **15.35 –16.50** | **Practical Counselling: III** | **Synthia, Zarina, Jelin, Jemmy** |
| **19:00 – 20:00** | **Dinner** |  |
| **Aug 24 (Saturday)** | | |
| **7:45 - 8 : 30** | **Break Fast** |  |
| **08: 40 – 09 :00** | **Morning Devotion** | **Dr Spurgeon** |
| **09.00 – 10.15** | **Grief Counselling I** | **Zarina/ Jelin** |
| **10: 15 – 11: 30** | **Grief Counselling II** | **Zarina/ Jelin** |
| **11.30 – 11.45** | **Tea Break** | |
| **11:45 – 13 : 00** | **Practical Counselling: IV** | **Zarina, Jelin, Jemmy, Synthia** |
| **13.00 – 14.00** | **Lunch** | |
| **14.00 – 15.15** | **Growth group: Session III** | **Zarina, Jelin, Jemmy, Synthia** |
| **15. 15 – 16.00** | **VALEDICTORY** | **Rev Thevanesan and Dr Spurgeon** |
| **16.00** | **Break and Departure** | |

**Counselling Training Program**

**Batticaloa, Sri Lanka**

**Program Schedule**

26 Aug – 31 Aug, 2019

|  |  |  |
| --- | --- | --- |
| **Time** | **Activities** | **Resource person/ Venue** |
| **Aug 26 (Monday)** | | |
| **7:45 - 8 : 30** | **Break Fast** |  |
| **08: 30 – 09 :00** | **INAUGURATION AND GROUP PHOTO** | **Dr Darshan and Dr Spurgeon** |
| **09.00 – 10.15** | **Self-awareness - Who am I?** | **Ms Jemmy Suthandiradas** |
| **10: 15 – 11: 30** | **In touch with feelings** | **Dr Zarina** |
| **11: 30 – 11 : 45** | **Tea Break** | |
| **11:45 – 13 : 00** | **Counselling : an Introduction** | **Dr Synthia Mary Matthew** |
| **13.00 – 14.00** | **Lunch** |  |
| **14.00 – 15.15** | **Communication process** | **Dr. Synthia Mary Matthew** |
| **15.15 – 15.35** | **Tea Break** |  |
| **15.35 –16.50** | **counselling : Process and stages** | **Dr Synthia Mary Matthew** |
| **19:00 – 20:00** | **Dinner** |  |
| **Aug 27 (Tuesday)** | | |
| **7:45 - 8 : 30** | **Break Fast** |  |
| **08: 40 – 09 :00** | **Morning Devotion** | **Dr Spurgeon** |
| **09.00 – 10.15** | **Counsellor Skills : Attending** | **Ms Jemmy Suthandiradas** |
| **10: 15 – 11: 30** | **Counsellor Skills :Listening** | **Ms. Jelin Rebekah** |
| **11.30 – 11.45** | **Tea Break** | |
| **11:45 – 13 : 00** | **Inner healing: Identifying past wounds** | **Synthia & Jemmy** |
| **13.00 – 14.00** | **Lunch** | |
| **14.00 – 15.15** | **Inner healing :Acceptance and Forgiveness** | **Dr. Zarina** |
| **15. 15 – 15.35** | **Tea Break** |  |
| **15.35 –16.50** | **Growth Group : Orientation** | **Synthia, Zarina, Jelin, Jemmy** |
| **19:00 – 20:00** | **Dinner** |  |
| **Aug 21 (Wednesday)** | | |
| **7:45 - 8 : 30** | **Break Fast** |  |
| **08: 40 – 09 :00** | **Morning Devotion** | **Dr Spurgeon** |
| **09.00 – 10.15** | **Counselling Skills: Responding** | **Dr Synthia Mary Matthew** |
| **10: 15 – 11: 30** | **Counsellor attributes : Unconditional Regard and Empathy** | **Ms. Jelin Rebekah** |
| **11.30 – 11.45** | **Tea Break** | |
| **11:45 – 13 : 00** | **Counsellor attributes :Congruence and Flexibility** | **Dr Zarina** |
| **13.00 – 14.00** | **Lunch** | |
| **14.00 – 15.15** | **Practical Counselling: Session I** | **Synthia, Zarina, Jelin, Jemmy** |
| **15. 15 – 15.35** | **Tea Break** |  |
| **15.35 –16.50** | **Growth Group: Session I** | **Synthia, Zarina, Jelin, Jemmy** |
| **19:00 – 20:00** | **Dinner** |  |
| **Aug 28 (Thursday)** | | |
| **7:45 - 8 : 30** | **Break Fast** |  |
| **08: 40 – 09 :00** | **Morning Devotion** | **Dr Spurgeon** |
| **09.00 – 10.15** | **The Person: Multiple dimensions** | **Dr Synthia Mary Matthew** |
| **10: 15 – 11: 30** | **A Counselling model -** | **Dr Synthia Mary Matthew** |
| **11.30 – 11.45** | **Tea Break** | |
| **11:45 – 13 : 00** | **Case study analysis, reporting & Discussion** | **Dr Zarina** |
| **13.00 – 14.00** | **Lunch** | |
| **14.00 – 15.15** | **Practical Counselling: II** | **Synthia, Zarina, Jelin, Jemmy** |
| **15. 15 – 15.35** | **Tea Break** |  |
| **15.35 –16.50** | **Growth Group : Session II** | **Synthia, Zarina, Jelin, Jemmy** |
| **19:00 – 20:00** | **Dinner** |  |
| **Aug 29 (Friday)** | | |
| **7:45 - 8 : 30** | **Break Fast** |  |
| **08: 40 – 09 :00** | **Morning Devotion** | **Dr Spurgeon** |
| **09.00 – 10.15** | **Crisis Counselling I** | **Zarina / Jelin** |
| **10: 15 – 11: 30** | **Crisis Counselling II** | **Zarina / Jelin** |
| **11.30 – 11.45** | **Tea Break** | |
| **11:45 – 13 : 00** | **Trauma Counselling I** | **Synthia/ Jemmy** |
| **13.00 – 14.00** | **Lunch** | |
| **14.00 – 15.15** | **Trauma Counselling II** | **Synthia/ Jemmy** |
| **15. 15 – 15.35** | **Tea Break** |  |
| **15.35 –16.50** | **Practical Counselling: III** | **Synthia, Zarina, Jelin, Jemmy** |
| **19:00 – 20:00** | **Dinner** |  |
| **Aug 30 (Saturday)** | | |
| **7:45 - 8 : 30** | **Break Fast** |  |
| **08: 40 – 09 :00** | **Morning Devotion** | **Dr Spurgeon** |
| **09.00 – 10.15** | **Grief Counselling I** | **Zarina/ Jelin** |
| **10: 15 – 11: 30** | **Grief Counselling II** | **Zarina/ Jelin** |
| **11.30 – 11.45** | **Tea Break** | |
| **11:45 – 13 : 00** | **Practical Counselling: IV** | **Zarina, Jelin, Jemmy, Synthia** |
| **13.00 – 14.00** | **Lunch** | |
| **14.00 – 15.15** | **Growth group: Session III** | **Zarina, Jelin, Jemmy, Synthia** |
| **15. 15 – 16.00** | **VALEDICTORY** | **Dr Darshan and Dr Spurgeon** |
| **16.00** | **Break and Departure** | |