



Nanaimo Family Life Association

Healthy individual and family relationships are the heart of a strong and resilient community.

Introduction

We are pleased to invite you, on behalf of the Nanaimo Family Life Association (NFLA), to apply for our 2026 Volunteer Counsellor Training Program.

Our agency has been supporting individuals, couples, and families for 55+ years, and we have a reputation for providing respectful and confidential counselling and referral services to those in need of assistance. To maintain this service, it is essential that we continue to train motivated, prepared individuals to become qualified Lay Volunteer Counsellors. We select trainees with the necessary background who are open to personal growth. We also look at an individual's ability to commit to training and the service requirement following graduation.

We are pleased to provide you with our 2026 Training Orientation Package, which outlines the information and application process.

We look forward to receiving your application and hope to welcome you to this year's training.

Deborah Hollins

Executive Director

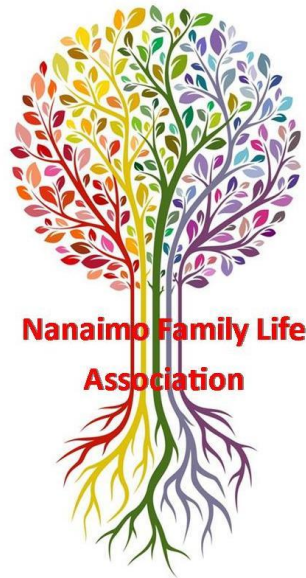
Nanaimo Family Life Association

Ardith Finnamore

Training and Program Development Coordinator

Nanaimo Family Life Association

Welcome to Nanaimo Family Life Association



Volunteer Counselling Program & Senior Peer Counselling Program Training Orientation Package

Revised September 2026

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Counselling Program Overview

History

The agency was founded in 1967 to offer counselling and referral services to families in need. In 1974, a coordinator was hired mainly to manage intake calls, oversee office volunteers, and support counsellors. At that time, the counsellors were a small team of dedicated individuals. Between 1974 and 1977, the agency concentrated on group work for counselling, personal growth, and support. The coordinator led many group counselling sessions and initiated training and recruitment for counsellors.

A period of growth for the NFLA and social services in general began in the late 70s. The agency saw increasing demand for individual personal counselling, expanded into Child and Youth Care Counselling Services, and significantly grew its staff. The Executive Director and the Board began to focus on establishing administrative procedures to manage this growth. The Executive Director's role became more administrative, leaving less time for nurturing the Counselling Program. The counsellors' need for ongoing support and supervision, along with the rising demand for counselling services, led to the hiring of a Counselling Coordinator whose role was to nurture the Counselling Program.

In 1978, due to the ongoing demand for counselling, the Training and Education Committee concentrated on enhancing the quality of counsellor training. It initiated discussions about creating a certification program through Malaspina College, now Vancouver Island University. In the early 1980s, the Counselling Skills Level I and II courses were collaboratively developed by Malaspina College and Nanaimo Family Life Association as a prerequisite for entry into lay counsellor training.

In 1984, the formal certificate program that exists today was established. Each year, about 12 volunteers are chosen to participate in the training program to maintain a steady stream of volunteers in the Volunteer Counselling Program (VCP). This training benefits the community,

as these volunteers are also actively involved in their neighbourhoods, families, schools, and other community settings.

Today, a Program Coordinator and over 40 volunteer counsellors offer services. Our current mandate is to support youth, adults, and couples.

Interested individuals are encouraged to apply for our Counsellor Training Program after completing Counselling Skills Levels I and II at Vancouver Island University. We also evaluate prior learning and may grant equivalency for Counselling Skills in Levels I and II.

Nanaimo Family Life Association

Mission

NFLA is a passionate, dynamic, and inclusive community-oriented organization that delivers interconnected personal and professional growth services responsive to the needs of the community at all stages of life.

Values

NFLA is a radically passionate organization that delivers creative and innovative opportunities to the community, families and individuals through intra-connective activities, training, counselling, and personal/professional development.

- We are open-minded, accepting, inclusive, affordable, accessible, resilient and accountable
- We believe in innovation, visionary leadership, and we thrive in a dynamic, passionate, caring, community-based setting.
- We are a safe space

Vision

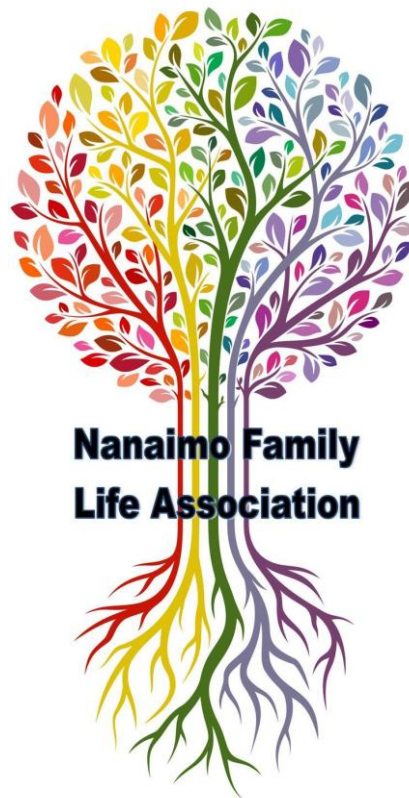
- A central resource that provides accessible, family-centered services, practically responding to current community needs and helping people to navigate the social service system in dealing with their challenges.
- Skilled professionals and volunteers provide a range of preventative and intervention services through fee-for-service and voluntary programs.
- We maintain effective partnerships with other community organizations and are respected as leaders in providing professional development, research, training and mentorship.
- NFLA is a fiscally responsible organization with a balance between social goals and financial sustainability.

NFLA Tree of Life

The "Tree of Life" has been represented in various cultures, religions, mythologies, and philosophies throughout the ages. It is a common symbol of the connectedness of all life on earth.

At NFLA, we believe this connection is essential to our survival as a human family and our evolution toward a kinder and open society. Our "Tree of Life" represents our connection to all our relations, our ancestors (roots) and our descendants (branches).

The many colours of our Tree represent the diversity within our human family; diversity that accepts all people, all forms of love, and all expressions of self as tremendous contributions to the whole of our community.



Purpose

The Senior Peer Counselling (SPC) and Volunteer Counselling Programs aim to provide services designed to support individuals in better coping with the often-complex problems of life. We strive to offer adult and adolescent individual and relationship counselling, along with supportive and educational group programs for clients facing situational life crises. Appropriate issues addressed within this program include:

Emotional Health	Conflict	Trauma
Stress	Management	Parenting
Communication	Grief/loss	Health
Assertiveness	Relationships	
Anger	Work/School	

Intake Process

Anyone can refer an individual to the NFLA Senior Peer Counselling and Volunteer Counselling Programs. However, those referred must then contact the program themselves. Many clients are self-referred. A “Client Orientation Package” can be collected at the front desk, on our website or emailed to the client by anyone seeking counselling.

A brief intake form needs to be completed first. Afterward, adults will have a telephone intake, and youth will attend an in-person session with their counsellor.

Online Sessions

We offer secure online sessions, using a database built specifically for the needs of counselling organizations.

Benefits of online counselling:

- Research shows that online counselling can be as effective as in-person sessions.
- Online communication gives a sense of increased anonymity; people are quicker to open up about personal issues. Trust is foundational to the success of counselling. For many people, the comfort of being behind a screen can remove barriers to openness that would otherwise slow down traditional counselling.
- The prerequisites for a successful online counselling session are the same as in-person counselling, so don't treat it differently. The need for trust, open communication, and motivation with your counsellor is the same.
- It helps with any stigma around attending counselling sessions, discomfort sitting in waiting rooms, or fears of seeing someone you know.
- Online counselling sessions also mean you can schedule sessions at times that may be more convenient for your schedule.
- It is more accessible for people who are disabled or housebound.

Please note: In-person counselling is available in limited circumstances and requires approval from the counselling program coordinator.

Training Information

We appreciate your interest in our Counselling Training. We have been delivering quality volunteer counselling to the Nanaimo community since 1967. United Way, gaming revenue, fundraising efforts, and fees for counselling services fund the program.

We provide accessible and affordable individual and relationship counselling to clients aged 13 and older. Clients often face core life challenges that vary in complexity and intensity. We address a wide range of issues, such as relationship struggles, communication skills, self-esteem, boundaries, anger and conflict, grief and loss, emotional and health concerns, stress, and more. Our goal is to support clients in finding their own solutions and discovering ways to make positive changes. Fees are charged based on family income, ranging from \$10 to \$60 per session. Nonetheless, no one is refused service due to financial hardship.

Volunteers in the Volunteer Counselling Program (VCP) and the Senior Peer Counselling (SPC) Program offer lay counselling services and receive ongoing professional supervision for their counselling. This training does not provide them with formal credentials as professional counsellors. However, it equips them with the skills to deliver high-quality service to our clients and be valued within the Nanaimo community.

At NFLA, volunteer counsellors provide affordable and accessible counselling to those who cannot afford private practitioners and those who do not qualify for service from other programs. Volunteers provide all counselling services.

What is the training like?

You will meet as a group of approximately 12 trainees. The training dates start on page 22. They will follow the Counselling Skills Level II training. The training will include personal growth and skill development components. You will also be required to keep a “reflective journal” throughout your training experience.

Throughout the training, we will concentrate on personal growth, self-awareness, empathy, and effective communication skills. A variety of issues will be examined, and you will have the chance to clarify your personal values, beliefs, and biases. You will also get the opportunity to practice counselling skills in dyads, and you will meet with the coordinator throughout the training for feedback. The counselling skills training will be grounded in a client-centered, solution-focused, and family systems approach.

The Volunteer Counsellor Training course is valued at \$2,750.00 per person. We require a non-refundable fee of \$400 to be paid before the training begins. The remaining balance of \$2,350.00 is offered as service hours. In exchange for approximately 160 hours of quality training, you agree to provide 100 hours of counselling at NFLA and participate in formal supervision after graduation. If you are unable to complete the 100 hours of service, a fee of \$2,350.00 will be charged as payment for the training received.

Formal supervision involves participating in monthly Peer Consultation Sessions.

Philosophy Paper

After the training, we will ask you to write a philosophy paper answering the following questions. Your journal reflections will be helpful.

1. Describe your strengths with examples.
2. Identify areas where you can grow.
3. What have you learned about yourself as a counsellor?

What happens when I have completed the training portion? How do I return my hours?

Upon completing the training, you will receive a Certificate of Completion. You will be matched with individual clients based on your counselling experience and will receive encouragement and support through regular supervision. You manage your own client appointments, handle fee collection, and submit session notes. You are required to attend three Peer Consultation Sessions per year (or two Peer Consultations and 1 Collective Learning Opportunity (CLO)). We offer at least 9 CLO meetings on various topics and 10 Peer Consultation Sessions annually. These sessions are valuable in helping you build confidence and support in your counselling work.

Additionally, volunteer counsellors have the chance to socialize and develop relationships with the community of counsellors and staff at NFLA.

Why do people volunteer for this program?

We often hear that our participants appreciate the depth of exploration provided, the high quality of training reflected in their interactions with family, friends, and colleagues, and the experience of being part of a group of dedicated, caring individuals.

Most participants appreciate the chance to support others in the community who might not otherwise afford such a service. Some enjoy the type of contact and counselling-based learning that they do not get in their current work. For those contemplating counselling as a career, it offers valuable direct client experience and may strengthen their application to college and university programs.

The training does not qualify you to become a professional counsellor. However, it may improve your chances of finding work in related fields when listed on your resume as volunteer experience and training.

What stops people from volunteering for this program?

This program requires long-term commitment. Not everyone can find the time to attend regular weekend sessions during training or to return for client counselling hours over an additional 1 to 2 years. If you are considering job opportunities outside Nanaimo or have plans that might hinder your ability to meet this commitment, now is not the right time to apply.

People may also opt not to apply due to personal reasons and may be unable to commit to 3 months of intensive group training, nor imagine supporting others at this time. They might choose to apply later.

What will I have at the end of the training?

We hope you can express what others have shared:

- “It has been a remarkable life-changing experience.”
- “I have come away with a deeper sense of self and enhanced my relationships.”
- “I have a better ability to be present with clients in a way that helps and empowers.”

You will be qualified as a volunteer counsellor to provide this valuable service, not as a professional counsellor who sees clients privately. Many volunteer counsellors stay with us for several years and find opportunities to be challenged and rewarded through their involvement with the Program and the Agency.

On what basis do you select trainees?

We select a diverse group of individuals of various ages, occupations, and backgrounds. We look forward to your commitment to attending and completing the training program and to returning the 100 hours of service to the community. It is essential that you have been a client in individual, relationship, or group counselling and remain dedicated to your personal growth.

We seek individuals who can convey warmth, support, and empathy. We also value our ability to connect with you as self-aware, compassionate people – the kind of experience we aim to provide for our clients.

What happens after I have sent in my application?

The staff reviews all applications and selects approximately 18 people for interviews, each lasting about 1 hour. We plan to hold these interviews in January and February and will contact you to schedule an appointment if you are chosen. Please email the coordinator if you intend to apply. All interviewees will be informed whether they have been selected for training. The **deadline for applications is February 1, 2026**; please return the application to 1070 Townsite Road or email a_finnamore@nflabc.org.

The training program and the counselling are challenging, but the rewards are great. We appreciate your interest and your willingness to join the important volunteer community of Nanaimo.

Volunteer Counsellor Job Description

The Volunteer Counsellor reports to the Program Coordinator. Volunteer Counsellors help clients identify, understand, and address personal, family, and community issues by setting realistic goals.

Volunteer Counsellors offer one-on-one adult counselling. They provide service hours according to their availability, including evenings and weekends.

Duties

1. Responsible for providing scheduled counselling hours to clients, employing a trauma-informed, client-centered, solution-focused, and family systems approach.
2. Contact clients, schedule appointments, collect signed forms, and document session notes.
3. Keeps records of assigned clients until their files are closed. Ensure client files remain secure and confidential according to program policy.
4. Records all client information in the database.
5. Collects fees for sessions and issues receipts for cash payments.
6. Notify the coordinator via email when they need clients.
7. Regularly listens to voicemail messages and reads email messages.
8. Responsible for staying informed about updates in policies and procedures.
9. Regularly participates in support and supervision sessions.
10. Follows NFLA client confidentiality and suicide protocols. Reports all critical incidents to the Program Coordinator.
11. Fosters self-interest in development within the counselling field.
12. Participates in the evaluation of program effectiveness.

Attributes of an Effective Counsellor

1. The counsellor recognizes that the fundamental motivation of individuals is towards self-fulfillment, and that the benefit of counselling is to participate in that journey.
2. The counsellor exhibits stability in their personal life, which positively influences career, family, and community security.
3. The counsellor demonstrates a willingness to engage in personal growth actively. Their ability to help another person grow depends on their openness, readiness to change, and understanding that personal development is an ongoing journey.
4. The counsellor's goal is to accept people as they are and understand that each individual has their own values and beliefs.
5. The counsellor can connect with people from various ethnic, socioeconomic, educational, or cultural backgrounds.
6. A sense of authenticity exists in the counsellor, which means the ability to be truly oneself with others.
7. The counsellor can understand and express empathy to others.

Program Responsibilities

The program will offer approximately 160 hours of training. Ongoing regular assessments of the counsellor's progress and training will be conducted. Knowledge, experience, and skills will be taught, demonstrated, developed, and jointly assessed in the following areas:

1. Boundary setting and maintenance skills.
2. Knowledge of and comfort with diverse populations.
3. Ethical counselling guidelines.
4. Program policies and procedures.
5. Managing conflict and other stresses.
6. Maintaining respectful relationships.
7. Organizing counselling time commitments.
8. Counselling Skills: trauma-informed, client-centered, solution-focused, family systems perspective
9. Counselling development
10. Accessing support and supervision
11. Receiving feedback
12. Taking personal responsibility and a level of self-awareness

Trainee Responsibilities

The training program is experiential, and we find this the most effective way for trainees and potential NFLA counsellors to learn counselling skills, about themselves, and what they can contribute to the counselling relationship. Due to the experiential nature of the training, we aim to foster group cohesion and a sense of connection among trainees. This helps them to receive support from each other, the trainer(s), NFLA staff, and myself as the coordinator.

Note: Experiential education is a teaching philosophy that involves a dynamic process between a teacher and a student, integrating direct experiences with the learning environment and content.

As a result, we have outlined expectations for each trainee and applicant below. Please read the following statements. By signing, you agree to the requirements set out by NFLA.

1. I understand that all training dates and sessions are mandatory with no exceptions. I have reviewed all the dates and am committed to attending every session. If anything arises during the training that prevents my attendance, I understand that withdrawal from the training will be necessary.
2. I understand that all facilitators and pod group mentors will observe me during the training to evaluate my readiness to work with counselling clients. Sometimes, a new trainee may be asked to undertake extra training or participate in personal counselling before being assigned clients.
3. I understand there is an extra time requirement outside of the training dates for recording three counselling sessions, each with your pod group, and emailing them to the program's coordinator.
4. Applicants must complete a criminal record check before training begins, including a vulnerable sector check.
5. I understand that during the first year of counselling after completing the training, I will take on clients regularly to build my counselling skills. If I am unable to do so due to circumstances beyond my control, I will discuss this with the coordinator.

6. The training costs \$2750.00, with a non-refundable payment of \$400 due upon acceptance into the program. The remaining \$2350.00 is to be repaid through providing counselling for program clients during 100 service hours. Additionally, a key deposit of \$10.00 and a membership fee of \$10.00 are required. Arrangements will be made for participants to repay the training costs (up to \$2350.00) if they are unable to meet their commitment.
7. Each graduate trainee is expected to complete 100 hours of direct client service within 2 years. This service includes at least one client per week, record keeping, and supervision time.
8. After training, counsellors must continually enhance their counselling skills by attending a minimum of three Peer Consultation Sessions or two Peer Consultation Sessions and one Collective Learning Opportunity each year.

I have reviewed all the information in the Counselling Training Package. I understand and agree to the terms of this commitment as outlined above.

Trainee	Date
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Program Coordinator	Date
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Nanaimo Family Life Association

SPC & VCP Program Training Application

Name: _____

Address: _____

Home # _____ Cell # _____

Email: _____

Counselling Level II Completion Date: _____

If you have not completed Counselling Level I and II, what other counselling experience do you have?

Please attach the following:

1. Current resume and/or CV
2. Personal statement paper
3. The name, email, and phone number of a minimum of 3 individuals (specify personal or professional; 2 need to be professional) that we can contact regarding your strengths as a potential volunteer counsellor. These must be recent contacts and not family members

Personal Statement Paper

The application process for becoming a volunteer counsellor in SPC or VCP requires a written statement outlining your volunteer goals and discussing your relevant experience, both past and present. This document is not expected to meet university writing standards, but it provides an opportunity to share your beliefs and personal qualities briefly.

Your (1-4 page) paper must be typed, single-spaced, and include the following:

1. Personal Experience

- Briefly describe one or two significant life experiences or challenges that have shaped your identity and perspective of the world.
- Briefly describe the extent to which you have worked through personal issues. What specific steps have you taken to work through these issues?
- Briefly describe your current unresolved issues.
- Briefly describe the role of support networks and community resources in your life.

2. Professional Experience

- Briefly describe your past and current experiences working with people.
- Briefly describe your experience working with marginalized people.
- Briefly describe your experience in teamwork and supervision.

3. Counselling Goal Statement

- Briefly describe your reasons for wanting to complete the counselling training.
- Briefly discuss your views regarding the most important current social issues. Describe their impact on your work with individuals.
- Briefly describe the qualities that counsellors should possess before entering counsellor training. To what extent do you have these qualities? What are your strengths and areas of development?
- What are your learning goals in this training? What benefits do you hope to gain?

Reference Check Questions

The following questions will be emailed to the 3 references provided by applicants.

1. Could you highlight some of the applicant's strengths and comment?
2. Could you comment on the applicant's verbal and written communication skills?
3. Please comment on the applicant's ability to take responsibility for:
4. Personal development:
5. Supervision/feedback:
6. Please comment on the applicant's ability to:
 - a. Participate as a team member
 - b. Maintain cooperative relationships.
 - c. Identify and manage conflict
 - d. Manage time and work commitments
 - e. Manage stress and stressful situations
7. Can you comment on how the applicant works within organizational policies and procedures?
8. Are there any areas you believe would cause them a problem in their volunteer counsellor role?
9. Have you had any concerns about the applicant's performance, and if so, what growth areas do you believe are needed?
10. Is there anything else you could tell me about the applicant to help us make our decision?

Trainee Checklist

- ✓ Complete the Training Application, including a resume, references, and Personal Statement paper.
- ✓ Attend the interview upon receipt of an invitation.
- ✓ Complete the Training Commitment Agreement
- ✓ Complete a Criminal Record Check
- ✓ Once accepted into the training, pay a \$400 fee
- ✓ Join NFLA for the exciting journey to becoming a Volunteer Counsellor!

NFLA: Volunteer Counsellor Training 2026 Schedule & Agenda

Session 1

March 7, Saturday, 9 – 4

Orientation, Foundational Practices and Unconscious Bias

Land Acknowledgement, Housekeeping, Grounding, Check-In, Pronouns, Agenda

About NFLA, Volunteering at NFLA, Confidentiality

Experiential Training, Journalling

Effective Helpers

Relationship Building Skills

Unconscious Bias

Homework, Next Session, Check-Out

Session 2

March 8, Sunday, 9 – 4

Orientation, Foundational Practices and Unconscious Bias

Housekeeping, Grounding, Check-In, Agenda

Unconscious Bias

Gender Identity and Sexual Orientation

Black Peoples, Indigenous Peoples, People of Colour (BIPOC)

Ableism, Disability, Mental Health, Neurodiversity

Homework, Next Session, Check-Out

Session 3

March 14, Saturday, 9 – 4

Basic Counselling Skills and Pod Groups

Housekeeping, Grounding, Check-In, Agenda

Boundary Awareness

The Sore Spot

Transference

Iceberg Metaphor and Self-Awareness

Basic Counselling Skills Review

Self-Criticism

Homework, Next Session, Check-Out

Session 4

March 15, Sunday, 9 – 4

Pod Groups

Housekeeping, Grounding, Check-In, Agenda

Family of Origin Foundations

Four Stages of Competence

1st Pod Group (1)

Homework, Next Session, Check-Out

Session 5

March 21, Saturday, 9 – 4

Pod Groups

Housekeeping, Grounding, Check-In, Agenda

Being a “Client” in Training Sessions

Training Practice Evaluations

General Guide – Video Evaluation Goals

Pod Groups (2)

Homework, Next Session, Check-Out

Session 6

March 22, Sunday, 9 – 4

Pod Groups

Grounding, Check-In, Agenda

Pod Groups (3)

Homework, Next Session, Check-Out

Session 7

March 28, Saturday, 9 – 4

Pod Groups

Grounding, Check-In, Agenda

Pod Groups (4)

Homework, Next Session, Check-Out

Session 8

March 29, Sunday, 9 – 4

Solution-Focused Brief Therapy (SFBT) Counselling

Grounding, Check-In, Agenda

SFBT, Miracle Question, Goals, Scaling

Steps to Solution Building

Pod Groups (5)

Homework, Next Session, Check-Out

No Session

April 4 & 5
Long Weekend

Session 9

April 11, Saturday, 9 – 4

SFBT

Grounding, Check-In, Agenda
Solution-Focused Questions, Miracle Questions, Goals
Setting Goals that Move Towards Solutions
Steps to Solution Building
Pod Groups (6)
Homework, Next Session, Check-Out

Session 10

April 12, Sunday, 9 – 4

Wounded Healer and Trauma-Informed Practice

Grounding, Check-In, Agenda
Wounded Healer guest speaker
Trauma, Trauma-Informed Approaches
Gender and Culture Connected to Trauma
4 Principles for Implementing Trauma-Informed Approaches
Trauma Response
Containment Exercises
Scaling Self-Awareness
Pod Groups (7)
Homework, Next Session, Check-Out

Session 11

April 18, Saturday, 9 – 4

Trauma-Informed Practice

Grounding, Check-In, Agenda

Reframing

Trauma-Informed Practice Motivational Interviewing

Motivational Interviewing merged with OARS

Skills and Strategies for Responding to Disclosure

Elicit-Provie-Elicit (EPE)

Peter Levin's Trauma Self-Holding

Pod Groups (8)

Homework, Tomorrow, Check-Out

Session 12

April 19, Sunday, 9 – 4

Indigenous Informed Practice

Grounding, Check-In, Agenda

Indigenous Informed Practice – guest speaker Daniel Elliot

Homework, Tomorrow, Check-Out

Session 13

April 25, Saturday, 9 – 4

Grief and Loss

Grounding, Check-In, Agenda

Grief & Loss: Introduction

Grief, Bereavement and Mourning

Types of Grief

How long?
7 Stages of Grief
How to Counsel a Client Who is Dying
Grief Counselling Skills and Techniques
4 Grief Counselling Interventions
5 Effective Strategies for Grief Counselling
Pod Groups (9)
Homework, Tomorrow, Check-Out

Session 14

April 26, Sunday, 9 – 4

Grief and Loss

Grounding, Check-In, Agenda
Counselling Modalities
Acceptance and Commitment Therapy (ACT)
Values and Committed Action
Grief and Suicide Grief
Meditation Exercise
SFBT and Grief
Pod Groups (10)
Homework, Tomorrow, Check-Out

Session 15

May 2, Saturday, 9 – 4

Pod Groups

Grounding, Check-In, Agenda
Best Practices
Practical Tips

Pod Groups (11)
Homework, Tomorrow, Check-Out

Session 16

May 3, Sunday, 9 – 4

Family of Origin & Family of Origin Foundations

Grounding, Check-In, Agenda
Family of Origin Foundations
Ecological Perspective
Meaning of Behaviour
Self-Calming (Regulation) Strategies
Maturing Skills
Attunement to Improve Self-Regulation
Skills of the Counsellor to Promote Attunement
Core Beliefs
Negative Core Beliefs
Self-Esteem Maintenance Kit Visualization
Building Relationship Steps towards Change
Differentiation or Distinguishing Bias
Pod Groups (12)
Homework, Tomorrow, Check-Out

Session 17

May 9, Saturday, 9 – 4

Family of Origin & Family of Origin Foundations

Grounding, Check-In, Agenda
Good Caregiver Messages
My Declaration of Self-Esteem

Family Emotional Systems Theory
Founder of Systems Theory
Wise Mind Visualization
Autobiography in 5 Short Chapters
Character Styles
Suggestions for Reducing Character-Style Anxiety
The Development of the Core and Energetic Self
Pod Groups (13)
Homework, Tomorrow, Check-Out

Session 18

May 10, Sunday, 9 – 4

Pod Groups

Grounding, Check-In, Agenda
Pod Groups (3)
Homework, Next Session, Check-Out

No Session

May 16 & 17

Long Weekend

Session 19

May 23, Saturday, 9 – 4

Family of Origin & Family of Origin Foundation

Grounding, Check-In, Agenda
Family Dynamics and Genograms

Family Genogram Symbols
How to Create an Inclusive Genogram
Primary Scenario and Questions
The Bond: Abandonment Anxiety
Attunement
Me and My Family
Family Roles
The Caretaker
The Hero
The Scapegoat
The Lost Child
The Mascot
Identify Your Family's Cast of Characters
Learning about Self in Family Exercise
Attachment Styles
Integrated Body Psychotherapy Adult Character Styles
Pod Groups (14)
Homework, Tomorrow, Check-Out

Session 20

May 24, Sunday, 9 – 4

Shame Resilience & Suicide Prevention

Grounding, Check-In, Agenda
Boundaries Communication Tools
The 12 Categories of Shame
Influence on How We See the World
Shame Resiliency
Words that Describe Shame
Feedback Toolbox: Rumble Language
Understanding Shame

Recognizing shame
Shame and Identity
The Big Picture
The Reality Check
Shame Resilience Model
Pod Groups (15)
Homework, Tomorrow, Check-Out

Session 21

May 30, Saturday, 9 – 4

Shame Resilience & Suicide Prevention

Grounding, Check-In, Agenda
Suicidal Ideation
Assessment
Youth
Older Adults
Language Matters
Prevention using GATE
NFLA's Suicide Safety Protocol
Risk Assessment and Critical incident
Pod Groups (16)
Homework, Tomorrow, Check-Out

Session 22

May 31, Sunday, 9 – 4

Inner Child Work

Grounding, Check-In, Agenda
Inner Child & Healthy Relationships

The Child Within
Healing Trauma and Anxiety Through Conscious Breathing
Breathwork on the Nervous System
Pod Groups (17)
Homework, Tomorrow, Check-Out

Session 23

June 6, Saturday, 9 -4

Shadow Work

Grounding, Check-In, Agenda
What is the Shadow?
How Shadow Work is Integrated into Therapy
Dialogue with Different Parts of the Self
Shadow and Counselling
Pod Groups (18)
Homework, Tomorrow, Check-Out

Session 24

June 7, Sunday, 9 – 4

Fundamentals IFS, Narrative, Positive Psychology

Grounding, Check-In, Agenda
What is IFS Therapy?
All Parts are Welcome
What is Narrative Psychology?
What is Positive Psychology?
Pod Groups (19)
Homework, Tomorrow, Check-Out

Session 25

June 13, Saturday, 9 - 4

Violence and Abuse

Grounding, Check-In, Agenda

What is Rape Culture?

IPV and DV

Elder Abuse

Pod Groups (20)

Homework, Tomorrow, Check-Out

Session 26

June 14, Sunday, 9 – 4

Potluck!

Grounding, Check-In, Agenda

What's Next, Certificates, Potluck

Homework, Tomorrow, Check-Out

Please note: Content is subject to change as this is a living document.