



Counseling Services Among Volunteers

1845 East Lake Street • Minneapolis • MN • 55407 Linda (612) 746-0728 • Louise (612) 746-0720 May & June • 2008
 Atrium Office Building • Suite 165 • 1295 Bandana Boulevard • St. Paul • MN • 55108 General Number (612) 721-6215

Greetings

Over the past two supervision sessions we have spent time talking about program structure, change, and the volunteer experience. These discussions have occurred in group supervision and in one-to-one meetings with some of you.

I am hoping to meet individually with a few more people. If you are interested in talking individually or in a small group about your experience as an LBFE volunteer please call me at 612-746-0728. Discussions have been focused on program structure, volunteer training, client criteria for peer counseling, client needs identified in your work as a peer counselor, problems observed or felt, possible solutions, and program strengths.

The information gathered will be used in planning future in-services, the 72-hour volunteer training, volunteer recruitment, client criteria, program development, and program evaluation.

Thanks, I appreciate your input and feedback as we continue to integrate the counseling department.

Linda

May In-Service

Developing a Mental Health Wellness Plan with Clients

Date: Thursday,
May 22, 2008



Time: 1:30 to 3:00 p.m.

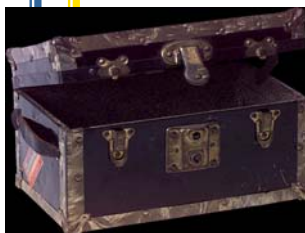
Place: LBFE Minneapolis Office
1845 East Lake Street
Minneapolis, MN 55404

Description

The research shows that elders who experience late life depression are at high risk for recurrent depressive episodes. Peer counselors are in a unique position to assist clients in developing a plan that aids in both prevention and recovery. The plan allows you to close with a client knowing that the client has a tool kit of ideas and knowledge to help them in the future.

Wellness plans include:

1. Identifying personal strengths and building on them
2. Recognition of individual vulnerabilities
3. Designing a tool kit which aids in
 - maintaining wellness
 - identifying early warning signs
 - taking action when the illness reoccurs
 - evaluation and re-tooling of the kit



Dates To Remember

May, June and July Supervision Dates

Thursday a.m.	May 1, 2008	9:30 - 11:30 a.m.
	June 5, 2008	9:30 - 11:30 a.m.
	July 3, 2008	9:30 - 11:30 a.m.

Tuesday p.m.	May 13, 2008	1:00 - 3:00 p.m.
	June 10, 2008	1:00 - 3:00 p.m.
	July 8, 2008	1:00 - 3:00 p.m.

May, June and July In-Service Dates

details in this newsletter

Thursday	May 22, 2008	1:30 to 3:00 p.m.
Friday	June 6, 2008	8:00 to 4:00 p.m.
Thursday	July 16, 2008	1:00 to 3:00 p.m.



Summer Has Arrived

June In-Service Training Anxiety and the Older Adult

Date: June 6, 2008

Time: 8:00 a.m. - 4:00 p.m.

Place:

Bethel Evangelical Church
4120 17th Avenue South
Minneapolis, MN 55407

Presenter:

Dr. Catherine Johnson

Description:

Anxiety disorders are the most common psychiatric condition in the elderly. Nearly 17% of older men and 21% of older women are affected by anxiety symptoms.

This workshop is devoted to understanding older adult development within the context of mental health counseling. Learning to recognize anxiety disorders and symptoms frequently described by older adults will be combined with learning useful tools and strategies for decreasing the impact of



Upcoming Group Work

The peer counseling program has three groups for elders happening this summer and early fall.

Topic: For the Love of Change with Sue and Charles

Dates: All groups will occur on Friday
June 13, 20, 27, July 11, 18, 25, & August 1

Time: Morning

Place: LBFE Minneapolis office location

Description: Using a variety of tools explore with LBFE elders ways of accepting and even embracing the many changes faced in the aging process. The content is to be determined by facilitators and Linda.

Topic: Reminiscence with Mary Ellen and Jeanne

Dates: August and September

Time: 1:30 to 3:00 p.m.

Place: LBFE main office in Minneapolis

Description: Using reminiscence as a therapeutic tool

Topic: Reminiscence

Dates: August and September

Place: Lyngblomsten Apartments
St. Paul, MN

Time: Based on Facilitators

Help Needed

The Eight Limited-Thinking Patterns

The eight patterns of thinking outlined below came from: *Thoughts and Feelings - Taking Control of Your Moods and Your Life* by Matthew McKay, Martha Davis, and Patrick Fanning.

1. **Filtering:** The focus is on the negative details of a situation and all of the positive aspects of a situation remain unrecognized or ignored
2. **Polarized Thinking:** This is often called black and white thinking because something is either good or bad, right or wrong, successful or unsuccessful. There is no middle ground in polarized thinking.
3. **Overgeneralization:** This thinking belongs to the individual who has something happen to them once and they immediately draw a conclusion about a person, place, thing, or situation. A single event or action takes on a negative global label.
4. **Mind Reading:** This thinking assumes knowledge about what a person is thinking or feeling or why someone is acting in a certain way. Usually the assumed knowledge is about how others think or feel about you.
5. **Catastrophizing:** Just say there is a problem and this person can easily visualize every conceivable thing that could go wrong.
6. **Magnifying:** This thinking takes a situation and exaggerates it. The situation described is bigger, more intense, has greater consequences, and is more negative than actually warranted.
7. **Personalization:** This thinking assumes that everything others do is a reaction to something you have said or done. Thinking becomes competitive in that the person compares him or herself to others trying to decide who is smarter, more organized, or better at a given task.
8. **Shoulds:** There are absolute rules about how you and other should act. When other people break the rules this kind of thinking creates anger in us and when we break the rules we feel guilty.

Self-Insight or Client Activity!

- What is your pattern?
- How can you challenge your thinking pattern?
 1. Is what I am thinking absolutely true?
 2. What evidence do I have that supports my thinking?
 3. What would be an alternative or more balanced statement?