



Counseling Services Among Volunteers

Sept / Oct. 2008

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Greetings!

On October 1, 2008 the new fiscal year for LBFE begins, and a few changes are being made in the counseling department. I am asking that all peer counselors who are able to, attend a special group supervision on September 12, 2008 from 1:30 to 3:30 PM. Therese Cain, our Executive Director will be providing an overview at the meeting of the most major changes being implemented. By attending the meeting you will have an opportunity to provide feedback, ask questions, and also offer Therese your recommendations for future changes.

I hope you will choose to attend this important meeting to learn more about the changes that are forthcoming in counseling services.

Warm Regards,
Linda



To deny that winter will follow the beauty of fall does not prevent the change from happening. We must look forward to the opportunities that come with the change ... The beauty of a snow flake, the joy of a good sledding hill, the crispness of the air, the first fire in the hearth and the warmth of a good sweater.

Upcoming Training Dates

Over the next three months, experienced

- counselors will have a variety of opportunities to attend in-services that are of interest to them.
- Provided with this newsletter is the most current schedule of the new peer counselor training that begins in September of 2008. This issue of the newsletter highlights parts of the training you may be interested in attending. Please call or email Linda Davison to register for any in-service so we have enough supplies and equipment available. Unless noted, all in-service sessions are at the LBFE

A Rogerian Approach with John Yaeger

- John has been a favorite speaker for several years, and he will be talking about the work of Carl Rogers. We will practice the concepts of person-centered therapy and listening skills.

Date: October 10, 2008

9:00 a.m. to Noon CEUs available

Group Process

- If you are interested in facilitating groups in the coming year this will be a helpful workshop to attend. For experienced group leaders a Group Process II will be offered as an in-service in 2009.

Date: October 10, 2008

1:00 to 4:00 p.m. CEUS available

Grief, Loss, and Transition

- Throughout life, there are losses and transitions that occur. We lose people we love, we may lose the financial resources to travel, and we may find that lost health changes our ability participate in the life we had created and looked forward to. This evening will focus on the losses and changes that come to all of us as we age and how we might give and receive support as they occur.

Date: October 14th

6:00 - 8:30 p.m. - after group supervision

*As summer ends,
enjoy these last
warm days,
evening sunsets,
the taste of fresh
fruit, and the
smell of fall as it
approaches.*



Advanced Counseling Interventions

This training focuses on four techniques that can be used successfully with clients. The morning will be split into two 1.5 hour sessions. **Session I** will address the use of validation and **Session II** will focus on using humor, metaphors, and imagery. *Please attend the entire training session to avoid disruption to the group learning process.*

Date: October 17, 2008

9:00 a.m. to Noon CEUs available

**Location TBD - to be announced at
October Group Supervision**

Providing Support to Caregivers

Research shows that care giving has a significant impact on the caregiver, and each of us has had the experience of being stressed in providing care for someone we love. This in-service explores ways that we can provide meaningful support to caregivers.

Date: October 24, 2008

9:00 a.m. to Noon

Wellness Tools—Mindfulness, Meditation, and Relaxation

Jean Haley, who spoke at our all-day mindfulness workshop last spring is back with new examples and ideas to help you work with clients. We will discuss techniques you can use with clients, and will also focus on techniques that help you as a counselor be more present and mindful in meeting with clients.

Date: October 24, 2008

1:00 - 4:00 p.m.

Dates To Remember

September, October & November, 2008

Supervision Dates

Friday	September 12, 2008	1:30 - 3:30 p.m.
Special meeting time for program updates		
Thursday	October 2, 2008	9:30 - 11:30 a.m.
	November 6, 2008	9:30 - 11:30 a.m.
Tuesday	September 9, 2008	1:30 - 3:30 p.m.
	October 14, 2008	3:00 - 5:00 p.m.
<i>(bring a bag supper or join others in dining out before the evening in-service)</i>		
	November 11, 2008	3:00 - 5:00 p.m.
<i>(bring a bag supper or join others in dining out before the evening in-service)</i>		

September, October, & November, 2008

In-Service Dates

Please review this newsletter and the attached training calendar for in-services you may want to attend. There are several in-service sessions being offered that are not part of this newsletter. Please, don't forget to call or email regarding attendance

You are expected to attend at least three in-service sessions during the three months that the training occurs. If you are able to attend other sessions to welcome new counselors, it will be appreciated.



Trick or Treat - Have A Fun Halloween