

COURSE PROGRAMME

- Arrival time approximately 2pm check in for 3pm start as below
- Because of the nature of the course, these times are flexible

LG = Large Group
 SG = Small Group
 3 participants and a facilitator

DAY 1: WELCOME AND WHAT DO I WANT TO ACHIEVE

15.00	Introductions <ul style="list-style-type: none"> • Orientation to course content • Course philosophy: qualities, principles, core conditions • 'Person centred collaborative care' 	
17.30	"Giving the Right Messages"	
19.00	Dinner	
20.00	"Giving the Right Messages"	

DAY 2: PROBLEM EXPLORATION

09.00	Revisiting counselling principles: core conditions and person centred collaboration <ul style="list-style-type: none"> • Introduction to empowerment model: stages 1 & 2 	LG
09.45	Empowerment stage 1: Problem exploration <ul style="list-style-type: none"> • Video demonstration #1 	LG
10.15	1st Real Play (5 mins + 5 mins skills feedback)	SG
11.00	COFFEE	
11.30	Interpersonal process recall (IPR) demonstration	LG
12.00	Skills feedback and IPR	SG
12.45	LUNCH	
13.45	What exactly were the counsellors doing or saying that worked well? <ul style="list-style-type: none"> • Identification of skills 	LG
	Empowerment stage 2: Identification of feelings <ul style="list-style-type: none"> • Video demonstration #2 	LG
15.00	2nd Real Play (10 mins + 10 min skills feedback)	SG
16.15	TEA	
16.45	Skills feedback and IPR	SG
17.45	Reflective round <ul style="list-style-type: none"> • What are you taking away from today's experiences? 	LG
18.00	END OF SESSION	

DAY 3:**EXPLORING THE OPTIONS & MAKING A PLAN**

09.00	Empowerment stage 3: Exploring the options <ul style="list-style-type: none">• Video demonstration #3	LG
09.45	3rd Real Play	SG
10.30	COFFEE	
11.00	Empowerment stage 4: Making a plan <ul style="list-style-type: none">• Video demonstration #4	
11.45	4th Real Play	SG
13.00	LUNCH	
14.00	Continue 4th Real Play + IPR	SG
15.00	<i>How ya doin'?</i> <ul style="list-style-type: none">• What are the barriers that get in the way of the empowerment process?• The personal experience of learning new skills	LG
15.45	TEA	
16.15	Final Real Play session	SG
17.15	Actor preparation <ul style="list-style-type: none">• Reflective round	LG
18.00	END OF SESSION	

DAY 4:**IMPLEMENTATION IN YOUR PRACTICE**

09.00	Organisation of actor groups	LG
09.15	Actors x 4 for each group	SG
11.00	COFFEE	
11.30	<ul style="list-style-type: none">• Application in the real world• Course evaluation	LG
12.30	Final reflective round and goodbye	
13.00	END OF COURSE (Lunch available – tell us if you want a packed lunch)	
