


COUNSELING EXERCISE*

▶ ABOUT THIS ACTIVITY

 **Time:** 35 minutes

 **Objectives:** By the end of this session, participants will be able to:

- Explain three counseling skills.
- Discuss two ways that clients may react upon termination of the counseling relationship.

 **Training Method:** Small Group Activity

 **In This Activity You Will...**

- Direct each group to take one of the concepts discussed during the session and to illustrate it by cutting out magazine pictures/words and making a collage style poster (20 minutes).
- Present the posters and have each group explain their concepts (15 minutes).

 **Materials:**

- Newsprint
- Markers
- 10 magazines
- 10 pairs of scissors
- 10 glue sticks

 **Preparation:** None

Instructions

Note: This is a good exercise to use *after* you have discussed counseling techniques, such as Listening, Individual Counseling Skills, De-escalation, Termination and Boundaries.

1. Introduce the activity by explaining that the large group will break into 4-5 small groups. Each group will create a collage that represents a specific counseling technique.
2. Assign each work group one of the following counseling topics:
 - Elements of Counseling
 - Individual Counseling Skills
 - De-escalation
 - Termination
 - Boundaries (if need a 5th topic)
3. Tell participants that they are going to review the information on counseling covered previously by describing the essential elements of their counseling topic to the rest of the class. However, instead of just listing the essential elements and describing them back to the class, they will be looking through magazines to find and cut out images and/or words that represent these elements. They will then glue the magazine clippings to newsprint and use that sheet to review for the class the essential elements of their topic.
4. Pass out magazines, newsprint, glue sticks, and scissors and give participants 15 minutes to come up with their review presentations. Ask the participants to focus more on the images rather than the words. Walk around the room to make sure the groups are on the right track.
5. After all groups have finished creating their presentations, have each group review their topic for the rest of the class. Help the groups to elaborate on any elements they may not have adequately addressed.

Summary

Congratulate the groups for their thoughtfulness and creativity.

* This module is part of the online toolkit Building Blocks to Peer Success. For more information, visit http://www.hdwg.org/peer_center/training_toolkit. This module comes from the Comprehensive Peer Worker Training, Peer Advanced Competency Training (PACT) Project Harlem Hospital Center, Division of Infectious Diseases, 2008.