



Lay Counselor Training Program Overview

- **The training program is comprised of two major segments:**
 - Phase One - Equipping Our Hearts
 - Phase Two – Equipping Our Hands, Part 1 and 2

- **Phase One – Equipping Our Hearts**
 - The purpose of this component of the Lay Counselor training is to provide an opportunity for potential lay counselors to personally experience and participate in a process of appropriation of Christ as Life utilizing the exchanged life model of counseling. Participants will go through each major part of the counseling process. Segments include:
 - The Character of God
 - Identifying Our Own Flesh
 - Acceptance and Righteousness
 - Appropriating the Cross
 - Setting the Mind
 - The Nature and Problem of Flesh
 - Our True Identity in Christ
 - The Role of Trials and Adversity
 - Abiding and Knowing God’s Will
 - Walking in Victory
 - Training Format:
 - Orientation
 - 12 weekly sessions
 - Lecture
 - Class participation/discussion
 - Assignments
 - Homework
 - Weekly journals
 - Reading assignments
 - Final Essay
 - Training materials provided:
 - Student Notebook
 - Student Devotional
 - Book Assignment
 - Miscellaneous papers
 - Personal Development
 - Weekly check-ins with assigned advisor

• **Phase Two – Equipping Our Hands-Part 1**

- Students who successfully complete Phase One and receive a recommendation from the training staff will be invited to participate in Phase Two. The focus of this component of the training is to equip students in developing the necessary helping skills to do one-on-one counseling and to apply what they have learned experientially. Considerable focus will be given to listening and attending skills, taking a client history, as well as facilitating the counseling process.
- Training format:
 - Approximately 12-14 weeks and will include;
 - Classroom sessions
 - Video and audio assignments
 - Reading assignments
 - Book reports
 - Exams (oral and written)
 - Role play
 - Videotaped assignments
- Training materials provided:
 - Student Workbook
 - Listening Skills Workbook
 - Reading and listening resources
 - Students are responsible for obtaining all books/CDs as assigned
- Personal Development
 - All participants will be required to have personal counseling with one of the staff counselors or a senior lay counselor. This may be from 6-10 one hour sessions or longer if needed.

• **Phase Two – Equipping Our Hands-Part 2**

- Students who successfully complete Part 1 will be assigned to a counselor and client to observe several counseling sessions before being invited to participate in the counseling sessions under supervision. The duration of this portion of the training is entirely dependent upon the client(s) assigned.
- Commissioning
 - Lay Counselor Commissioning will take place annually. At that time, each lay counselor trainee who has successfully completed co-counseling and all other requirements of the Lay Counseling Training program will be commissioned to serve as a Lay Counselor.