

Skills & Observation (S.O.) Class **By Deepak Reju**

The Main Idea

Every counselor needs to not just grow in book knowledge, but grows in their opportunities to actually *do* the counseling. Reading body language, concentrated listening, collecting and organizing data, applying the gospel, exhorting, comforting, protecting—all are skills that the counselors needs to master in order to become a better counselor. We seek, as biblical counselors, to love other well like our Savior did. He modeled for us, in his daily interactions, all of these things, plus much more. To that end, we offer a short three month skills and observations class for CHBC member who are interested in honing their skills and growing as a counselor.

What, Where, and When?

We have offer a once a week three month class that helps you both practice and observe counseling skills. We meet every Wednesday (starting on **Feb 2**) after the PM Bible study from 815 – 915pm. The first five minutes will be an overview of a skill, and the rest of the time is one of the counselors-in-training actually doing counseling for the majority of the hour. The counselee will be another counselor-in-training from the class who is either role playing (using a scenario given by the teachers) or being vulnerable with a real issue from their own life. After a 30-40 minute session, we'll attempt to give godly feedback (i.e., *constructive* criticism) to the counselor-in-training. We are training six people per class in order to give each counselor a chance to counsel back-to-back weeks. We are hoping that this teaches the person the skill of progressively building—learning to take the information from a previous week and press more deeply into a person's life.

What Should I Do?

There are two roles to play—either you are a counselor-in-training (approximately 6 people per class) or you are an observer (which mean you are “on deck” for being a counselor-in-training). You are being invited as a counselor or an observer. If you are interested in participating, RSVP to....