

# Art and Science of Counselling

## Advance Course

St. John's Counselling Service  
Fall 2009 Course



*Empowering the Human Spirit Towards Greater Awareness for Growth and Happiness*

*Suite 7D 7/F On Hing Building - 1-9 On Hing Terrace - Central Hong Kong  
[www.sjcshk.com](http://www.sjcshk.com)*

## Introduction

In 1977 *St. John's Cathedral* enacted upon a commitment to have both a spiritual and counselling presence in Hong Kong, hence the birth of *St. John's Counselling Service (SJCS)*. Subsequently in 2007 St. John's Counselling Service embraced *Positive Psychology* as the key element in our vision to keep moving forward beyond 2009 to provide a safe, affordable, professional, and caring environment for counselling and therapeutic services.

Today *SJCS* employs over 25 counsellors who are psychologists and clinical social workers providing counselling and therapy for children, teens and adults with a mission *to enhance growth and happiness* for all our clients. Our services include on-site school counselling for children and teens at various international colleges and local schools, employee assistance programs (EAP), life and career coaching, individual - couple - family counselling services, psychometric testing, and a crisis response team for natural disasters and human tragedy. We also provide internship programs for master and doctoral psychology students, detox - substance abuse rehab services with our partners in the U.S. and Thailand, and counselling training programs for pastoral counsellors, teachers, consultants, working adults, students, human resource managers, nurses, general healthcare practitioners, and mental health professionals.

## Our Training History

In 1992 SJCS delivered a program entitled *Skilled Helping Relationships (SHR)* for adults who wanted to learn more about themselves and how to better manage a relationship with others. The course was designed for adults from all walks of life with a total of 15 sessions divided into two parts. Part 1 of the course focused primarily on raising awareness of the self; Part 2 centred on improving intellectual and behavioral awareness when interacting in a "helping profession."

In 2004 SJCS launched the *Relationship Skills Course (RSC)*, formerly known as the Skilled Helping Relationships course, with an additional focus on small group work. The program was designed in helping participants better understand themselves, and how to effectively communicate in personal and professional settings. Like the SHR program, the RSC program had two parts as well as a weekend retreat and practicum. We will update the RSC and relaunch the program in the fall of 2009.

Since 2007 we have offered a pre-marital program entitled the *Happy Marriage Program (HMP)* for couples who will marry at St. John's Cathedral as well as in other faiths and places of worship worldwide. The Happy Marriage Program has two parts: *Happy Life vs Good Life* (the key ingredients to an enduring, happy marriage) and *Who Are You Again?* (better understanding of the "I" and "we" personalities in a marriage). Starting in the fall of 2009 we will commence training counsellors and clergy from various faiths in our Happy Marriage Program.

## The Training

*The Art and Science of Counselling* is designed with two tracks: Basic Program and Advanced Course. The premise for both tracks is to provide participants with a greater understanding of the recent developments in counselling from two key aspects: i) how the human brain influences our thoughts, feelings and behaviors similarly and differently in male and females, and ii) how positive psychology has contributed to the richer development of techniques, processes and goals that enhance a counsellor's effectiveness in counselling and therapy.

Regarding the topics around the *human brain* in the **Basic Program**, participants will be able to acquire a basic understanding on how three key areas of the brain influence male and female human behavior, thoughts and emotions. A main focus will be how people balance the *need to survive* and the *need to connect to others*, and why those two areas are important to understand when *assessing and working with a client in counselling*. The second part of the **Basic Program** focuses on positive psychology and how it provides an easy to understand structure for all types of psychological theories, techniques, processes and goals to be incorporated into counselling and therapy. Participants will learn the key principles of positive psychology as well as *five basic steps in a counselling setting*. Thus, whereas Part 1 of the program establishes a better skill set with assessment, Part 2 focuses on how to continually integrate assessment and more accurately develop change and growth goals within a positive psychology framework for their clients.

The **Advance Course** is designed to provide a more specific focus on how people can enhance their states of happiness and health by way of soft (clinical experience), hard (experimentation) and big science (brain scans) findings from positive psychology. Participants will explore the *human being* themes in the course to better understand how counselling by way of positive psychology techniques can reduce the things that make us unpleasant (therapy) and increase those activities that make us more pleasant (learning).

Being male, being female, being a kid, being employed, being married, being a parent, and being older are the seven main *being human* topics the **Advance Course** will explore. One objective is to allow participants to better understand how the human brain, the individual mind and personality, and the environment interact at various stages of our lives that cause disconnections from health and happiness and lead us to counselling. Second course objective is to apply current scientific research on how our emotions and thoughts at various *being human* stages influence how we define what is the happy life and ways we can sustain that sense of optimism even in times of conflict and unpleasantness. The third objective of the course is to highlight key positive psychology techniques and processes that allow the counselling experience to increase the well being of a client irregardless of what being human state they are currently experiencing.

## Administrative Details

### Intended Audience:

*Professional participants:* pastoral counsellors, school counsellors, practicing counsellors, academics, psychologists, psychiatrists, social workers, nurses, clergy, teachers and organization development specialists/trainers.

*Non-professional participants:* students in social work, psychology and healthcare programs; adults considering a career in counselling, volunteers at social agencies, parents and adults who are interested in improving their personal and professional relationship skills.

### Medium of Instruction:

*English (presentations and course material).*

Note: we plan to present this program in Cantonese in 2010, please watch for announcement.

### Course Material:

*Textbook: Making Happy People* by Dr. Paul Martin, Ph.D.

*Workbook: Art and Science Counselling Workbook* by Dr. Mark L. Gandolfi, Ph.D.

*Handouts:* On a session by session basis relating to the topics explored.

*Case Studies:* On a session by session basis relating to the topics explored.

### Meeting Time:

Saturday 2:00 pm - 4:00 pm

Note: there will be a 15 minute break for each session, participants may bring food and drink.

### Meeting Place:

*St. John's Cathedral:* 4 - 8 Garden Road, Central Hong Kong

### Attendance:

*Certificate of Achievement:* Participants who attend over 80% of all scheduled sessions shall receive a Certificate of Achievement.

Note: *Art and Science of Counselling* course is currently being assessed by various international professional bodies for award and recognition. Once such a recognition has been achieved, we will ensure all participants receive the distinction.

### Make-up Sessions:

*Contracted:* Those participants who missed a session due to work - professional, illness and/or other personal reasons may request for a 1:1 make-up session. The session shall last for 1 hour.

## Presentation Details

### Blended Learning:

There will be a balance of both theory and practical application in all scheduled sessions whereby the participants will be exposed to various learning scenarios in the **Basic Program** and the **Advanced Course**. All sessions will have a case study and ready-to-use techniques. Some sessions may include small group work and possible guest speakers. In short, each session will have a balance of theory (*what* is it), application (*how* to use it) and case study (*where* can it be applied).

Participants may bring laptop computers but is not a requirement for enrollment and/or participation for note taking. Video recording and/or taping is not permitted.

### Facilitators:

*Lead Facilitator:* SJCS Executive Director who has been a clinical psychologist and health care executive for over 26 years in the U.S. and Asia.

*Co-Facilitator:* each session may include a SJCS counselling/clinical psychologist and/or a clinical social worker will co-facilitate and present a case study.



## Course Fee Details

### Registration Fee: \$250.00

To be submitted upon registration with completed application form. Fully refunded if not accepted into program and/or registrant withdraws before commencement of 1st training session. Otherwise Registration Fee is non-refundable once course commences with registrant.

### Course Fee: \$6,800.00

Includes all course materials, workbook, handouts and snacks.

### Payment Method: Cash, credit card and/or cheque (made out to "St. John's Counselling Service")

3% surcharge for any and all credit card payments.

Fees may be paid by two (2) installments, 50% upon registration, final 50% at the 7th session.

### Refund:

Registration Fee is non-refundable except as stated above, Course Fee refunded on a per session basis if a participant withdraws from the course after commencement of the program. No refunds for missed sessions due to personal and/or professional reasons.

## Advance Course: Art and Science of Counselling

### Session 1 - Being Male

- Understanding the evolutionary changes in the male species
- Identifying the “acting out” - “acting in” elements of the male brain
- Discussing the changing roles of love and work in the male world
- Clarifying the influence hormones have on male emotions and behaviors
- Case study: Irritable Male Syndrome (IMS)

*Men have always been afraid that women could get along without them.*  
**anthropologist Margaret Mead**

### Session 2 - Being Female

- Understanding the evolutionary changes in the female species
- Identifying the “pleasing others” - “being perfect” elements of the female brain
- Discussing the changing roles of nesting and providing in the female world
- Clarifying the influence hormones have on female emotions and behaviors
- Case study: Female brain and hormone therapy



*When we are happy we are always good,  
but when we are good we are not always  
happy.*  
**playwright Oscar Wilde**

### Session 3 - Being A Kid

- Understanding how the wired world hard-wires our kids and teens
- Identifying the adaptive and maladaptive ways kids deal with each life stage
- Discussing why teen girl and teen boy brains go “toxic”
- Clarifying the types of nurturing and guidance that develop optimistic kids
- Case study: Teenage brain and self-harm

*Women are traditionally trained to place other's needs first . . .*  
**author Tillie Olson**

### Session 4 - Being Employed

- Understanding the meaning a job, career and calling has on self-esteem
- Identifying the 3 key behaviors for employment: expressiveness, assertiveness and flexibility
- Discussing the 4 key thinking styles for work: analytical, structural, social and conceptual
- Clarifying the trends and issues with the rise of females in male dominated vocations
- Case study: Working adult female and balancing work-home worlds



*Men (and women) do not quit playing  
because they grow old; they grow old  
because they quit playing.*  
**physician Oliver Wendell Holmes**

### Session 5 - Being Married

- Understanding the emotional, cognitive and behavioral challenges of going from “me to we”
- Identifying the three basic communication styles that impact marriages
- Discussing the basic elements of marital conflict and why couples remain conflictual
- Clarifying the trends and issues with infidelity, spouse abuse and 2nd marriages
- Case Study: Elderly couple and sexual intelligence: desire, messaging, arousal, fantasy, release

### Session 6 - Being a Parent

- Understanding the difference between mommy/daddy roles and parent roles
- Identifying what types of parenting are healthy and which ones are toxic
- Discussing how to counsel parents who manage high spirited kids and those with special needs
- Clarifying the causes for parental child abuse, neglect and abandonment
- Case study: Working parents and teenager under the influence

### Session 7 - Being Older

- Understanding how the brain structures and functions change with aging (memory & intelligence)
- Identifying ways to increase the happy life for the elderly (activities, interactions and giving)
- Discussing how to counsel the elderly on terminal illness, death and being a widow
- Clarifying the relationship of age and identity and how stereotyping impacts the elderly
- Case Study: Aging and the male/female adult brain

# The Art and Science of Counselling Advance Course Registration Form

## Program Details

Fee: Early Bird Registration (on or before September 1, 2009) - \$6,200.00 Course Fee plus \$225.00 Registration Fee per participant  
Regular Registration (after September 1, 2009) - \$6,800.00 Course Fee plus \$225.00 Registration Fee per participant

Time/Classes: **Weekend Group:** Saturday afternoon 2:00 pm - 4:00 pm  
Commencing 12 September 2009 (Saturday) - Ending 24 October 2009 (Saturday) - 7 sessions

## Important Notice

*Fees are fully refunded if not accepted into program and/or registrant withdraws before commencement of 1st training session. Otherwise **Registration Fee** is non-refundable once course commences with registrant. **Course Fee** refunded on a per session basis if a participant withdraws from the course after commencement of the program. No refunds for missed sessions due to personal and/or professional reasons. All Fees to be paid by credit card, cash and/or cheque only (make cheques out to "St. John's Counselling Service"). Final registration allowed on day of program commencement.*

*St. John's Counselling Service reserves the right to modify the days/times of classes due to class size/enrolment. All participants will be notified in a timely manner of any changes.*

## Registration Form

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Full name \_\_\_\_\_

Correspondence Address:

\_\_\_\_\_  
\_\_\_\_\_

Tel No.: (Day) \_\_\_\_\_ Mobile: \_\_\_\_\_ E-mail: \_\_\_\_\_

Visit our office for registration/payment or send crossed cheque with application form to: St. John's Counselling Service, Suite 7/D 7th Floor On Hing Building, 1-9 On Hing Terrace, Hong Kong