

# Art and Science of Counselling

## Basic Program

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) for Hong Kong's companies, individual - couple - family counselling services, psychometric testing, life and career coaching, a crisis response team for natural disasters and human tragedy, 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. The training material will be entertaining and easy to understand, and equally as well, applicable in almost all counselling and therapeutic settings. 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*. Hence, the participants will increase a sense of awareness that enables enduring growth and happiness in counselling, therapy and life in general.

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 - therapy setting*. With this, participants will immediately increase their understanding of how to integrate an ongoing assessment experience into an effective change process environment for their client. 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 for their clients.

Albert Schweitzer once said: "Each patient carries his own doctor inside him . . . We are at our best when we give the doctor who resides within each patient a chance to go to work." Our **Basic Program** embraces the ultimate goal of helping our participants better understand how to *collaborate* with clients in counselling that allows the client to be empowered and actualize a better sense of the self. Once the depth of awareness of the self has been experienced by the client and counsellor, it is then we can continue to collaborate with our clients in reducing their anguish with the self and others (the healing) as well as how to build and sustain happy relationships in their "I" and "We" worlds (the learning). We look forward to collaborating with you in this first of a kind training program in Hong Kong.



## 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: What You Can Change . . . and What You Can't* by Dr. Martin E. P. Seligman, 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:

*Group A:* Participants who desire to attend evening sessions. Thursday 6:30 pm - 8:30 pm

*Group B:* Participants who desire to attend Saturday sessions. Saturday 11:00 am - 1:00 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 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: \$8,800.00

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.

## Part 1: The Science of Counselling

### Session 1 - Understanding the Hard Wiring (Structure)

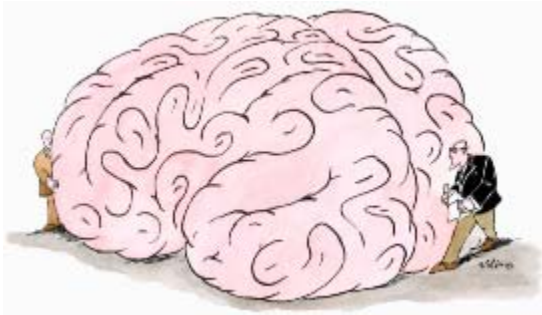
- Understanding what is soft, hard and big science in mental health
- Identifying the similarities and differences in male and female brain structure
- Discussing the left and right hemispheres of the human brain
- Clarifying the gut, head and personal brain structures
- Case study: Hormones, depression and the female brain

*What upsets people is not things themselves, but their judgments about the things.*

**Epictetus, Greek Stoic philosopher 1st Century AD**

### Session 2 - Building the Software (Function)

- Understanding how senses, emotions and cognitions function in the brain
- Identifying the similarities and differences in male and female brain functions
- Discussing the key functions in the three main areas of the brain
- Clarifying why male brains externalize and female brains internalize unpleasantness
- Case study: Aggression, assertiveness and the male brain



### Session 3 - Enhancing Learning and Memory (Intelligence)

- Understanding short, working and long-term memory functions
- Identifying the six kinds of intelligence that influence human behavior
- Discussing the four model of thinking by the male and female brain
- Clarifying the types of learning which influence effective counselling
- Case study: Mood, learning and academic success for teenage brains

*There is nothing either good or bad, but thinking makes it so.*

**William Shakespeare, Hamlet (1601)**

### Session 4 - Surviving in the Jungle of Life (Elephant Brain)

- Understanding the evolution of needs from survival (Maslow) to happiness (Seligman)
- Identifying the four elephant brain activities that ensure survival
- Discussing how getting achievement and seeking attachment affects our moods and behaviors
- Clarifying the positive and negative aspects of fight, flight and freeze
- Case study: Resolving conflict and the teenager's brain



*The purpose of your body is to carry your brain around.*

**Thomas Edison**

### Session 5 - Connecting in the Jungle of Life (Rider Brain)

- Understanding how our brains evolved from the elephant (surviving) to the rider (relating)
- Identifying the four brain activities that ensure relating with the self and others
- Discussing why men *achieve now - connect later* and women *connect now - achieve later*
- Clarifying the significance of "I" and "We" hats for healthy and sustaining relationships
- Case Study: Befriending, connecting and the female brain

### Session 6 - Thinking About What You Feel (Emotions)

- Understanding how emotions are experienced differently for male and females
- Identifying the purpose of emotions and how perception influences "what we think we feel"
- Discussing how parenting and education shape the brain and create positive/negative moods
- Clarifying the basic types of emotions: single and compound types
- Case study: Worry, fear and anxiousness in the male brain

### Session 7 - Entering Into a Happy Life Mindset (Happiness)

- Understanding well-being through needs, goals and motivations (self-determination theory)
- Identifying the cognitive and affective components of subjective well-being
- Discussing the key aspects of the happy life: trust, nurturing and intimacy
- Clarifying how managing unpleasantness and pleasantness experiences leads to happiness
- Case Study: Aging and the male/female adult brain

## Part 2: The Art of Positive Psychology Counselling

### Session 1 - Understanding Positive Psychology (Theory)

- Understanding the major elements and values of positive psychology
- Identifying the differences between traditional psychology and positive psychology
- Discussing the role 6 core traits and 24 signature strengths play in positive psychology counselling
- Clarifying what to look for in each stage of human development to ensure happiness and health
- Case study: Male brain reaction to unemployment



*I am afraid to listen, for by listening I might understand, and be changed by that understanding.*

**Carl Rogers**

### Session 2 - Building a Positive Psychology Counselling Model (Application)

- Understanding the differences between advising, intervention, counselling and therapy
- Identifying the five key stages counsellors manage in effective counselling and/or therapy
- Discussing the balance of *healing the angst* and *learning happiness* in counselling
- Clarifying the various levels and types of change within a counselling context
- Case study: Substance abuse and female brain

### Session 3 - Creating an Empowering-Empathetic Counselling Setting (Agreements)

- Understanding the key elements of a therapeutic relationship
- Identifying the three key parts of therapeutic empathy for rapport building with clients
- Discussing the impact shame may have on depression, anger, anxiety and addictions
- Clarifying ways to ensure culture is integrated into counselling and empathy
- Case study: Agreements and co-dependent clients

### Session 4 - Surviving in the Social World (Unpleasantness)

- Understanding the impact changes in the workplace and household have on happiness
- Identifying the biological and environmental elements of unpleasant emotions
- Discussing the positive and negative roles of anger, anxiety and depression
- Clarifying the what we can change and cannot change with unpleasant emotions
- Case study: Infidelity-divorce and the adult male/female brain

*The purpose of your body is to carry your brain around.*

**Thomas Edison**

### Session 5 - Connecting in the Optimistic Life (Relationships)

- Understanding how social intelligence and emotional intelligence impacts happiness
- Identifying the various models of marriage and love
- Discussing the three key elements of happy life: trust, nurturing and intimacy
- Clarifying the four key stages in conflict and how to resolve conflict in each stage
- Case study: Dating-marriage (passion, romance, harmony) and the adult male/female brain

### Session 6 - Thinking About What You Can and Cannot Change (Transformation)

- Understanding what are the eleven barriers to change in counselling
- Identifying the vital activities in the thinking and doing phases of change
- Discussing the various models of change in and out of positive psychology
- Clarifying the client's *feeling and thinking responses* to each stage of change
- Case study: Anger-conflict and teenage brain



### Session 7 - Entering Into an Optimistic Mindset (Optimism)

- Understanding the world of the pessimistic and optimistic client
- Identifying the steps in overcoming the happiness trap, pessimism and negative self-talk
- Discussing how to develop values and goals to ensure congruence between the real and ideal self
- Clarifying the key ingredients of an optimistic mindset: perception, language and action
- Case Study: How male and female adult brains change over adulthood

## The Art and Science of Counselling Basic Program Registration Form

### Program Details

**Fee:** Early Bird Registration (on or before September 1, 2009) - \$8,200.00 Course Fee plus \$225.00 Registration Fee per participant  
Regular Registration (after September 1, 2009) - \$8,800.00 Course Fee plus \$225.00 Registration Fee per participant

**Time/Classes:** **Weekday Group A:** Thursday evening 6:30pm - 8:30pm  
Commencing 10 September 2009 (Thursday) - Ending 10 December 2009 (Thursday) - 14 sessions  
**Weekend Group B:** Saturday mid-morning 11:00am - 1:00pm  
Commencing 12 September 2009 (Saturday) - Ending 12 December 2009 (Saturday) - 14 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.

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### Registration Form

**Group A** check only one box [  ] or **Group B** check only one box [  ]

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