

# ST. AUGUSTINE INSTITUTE

For National Priestly Ongoing Formation

Spi 40



## COUNSELING AND GUIDANCE (Phase II)

**Simon P.M. Kyambadde**

**Msgr. Gervase Mukasa**

**Fr. Kenneth Gaffa**

24<sup>th</sup>-30<sup>th</sup> May 2010

# Contents

INTRODUCTION .....	3
STRUCTURE .....	3
AIM .....	3
OUTLINE.....	3
COURSE CONTENT.....	4
<b>FEES .....</b>	<b>4</b>
<b>PHASE ONE .....</b>	<b>4</b>
<i>Monday</i> .....	4
<i>Tuesday</i> .....	5
<i>Wednesday</i> .....	5
<i>Thursday</i> .....	5
<i>Friday</i> .....	6
<i>Saturday</i> .....	6
<b>PHASE TWO .....</b>	<b>6</b>
<i>Monday</i> .....	6
<i>Tuesday</i> .....	7
<i>Wednesday</i> .....	7
<i>Thursday</i> .....	7
<i>Friday</i> .....	8
<i>Saturday</i> .....	8
<b>FACILITATORS.....</b>	<b>8</b>

## ***Introduction***

Many past participants of the Renewal Sessions at St. Augustine's Institute have expressed in their evaluation the regret that the time was not enough for the one-day module on Guidance and Counseling. The introduction of two weeks dedicated to Guidance and Counseling is an attempt to meet this need.

The course is given in two phases so that participants are able to practice what they have learnt in the first phase.

## ***Structure***

The course is given in two phases each lasting 8 days.

Phase one: Sunday 7<sup>th</sup> February 2010 – Saturday 13<sup>th</sup> February 2010.

Phase two: Sunday 23<sup>rd</sup> May 2010 – Saturday 29<sup>th</sup> May 2010

## ***Aim***

- Better self-awareness
- Improvement of relationships
- .Acquisition of management skills
- Ability to counsel individuals
- Ability to develop and facilitate support groups

## ***Outline***

Week One: Participants learn basic counseling skills. They are given opportunity to practice these skills. At the same time they receive counseling

Week two: further inputs on relevant topics for better self-knowledge. Participants continue the exercise of the learnt skills. They counsel each other under supervision. At the end of the week participants should be in position to counsel another person without supervision.

### **Course content**

1. Lectures on counseling skills
2. One-on-one counseling (participants receive counseling)
3. One-on-one counseling practice (participants counsel each other)
4. Group therapy and growth groups

### **Fees**

- The cost of full board plus attendance of course is 40,000/- per participant per day
- However, this course has been subsidized by Missio Munich
- First candidate from any diocese pays 100,000/-
- Second participant from the same diocese pays 50,000/-
- Any other participant from the same diocese attends for free.

## **Phase One**

### **Monday**

8.00 am	Breakfast
9.00 am	Mass (Simon)
10.15 am	Orientation

11.00 am Share on Expectations  
Share on topic “What has given you joy and sorrow in the priesthood.”  
Assess counseling skills used.

## Tuesday

7.00 am. Mass followed by Lauds  
8.00 am Breakfast  
9.00 am Skills: Listening & Empathy (*Kenneth*)  
10.05 am 1-2-1 Counseling (*Gervase*)  
11.00 am Break tea  
11.30 am Sharing: *Dependants* (*Gervase*)  
3.30 pm Growth Group Session (*Simon, Kenneth*)  
5.00 pm End of study session

## Wednesday

7.00 am. Mass followed by Lauds  
8.00 am Breakfast  
9.00 am Skills: *Exploration, Immediacy* (*Gervase*)  
10.05 am 1-2-1 Counseling (*Simon*)  
11.00 am Break tea  
11.30 am Sharing: *Priestly Relations* (*Simon*)  
3.30 pm Growth Group (*Gervase, Kenneth*)  
5.00 pm End of study session

## Thursday

7.00 am. Mass followed by Lauds  
8.00 am Breakfast  
9.00 am Skills: *Constructive Criticism* (*Simon*)  
10.05 am 1-2-1 Counseling (*Kenneth*)  
11.00 am Break tea

11.30 am      Sharing: *Prayer (Kenneth)*  
3.30 pm      Growth Group Session (*Simon, Gervase*)  
5.00 pm      End of study session

## **Friday**

7.00 am.      Mass followed by Lauds  
8.00 am      Breakfast  
9.00 am      Skills: *Self Disclosure, Resistance and Reluctance (Gervase, Kenneth)*  
10.05 am     1-2-1 Counseling (*Participant*)  
11.00 am     Break tea  
11.30 am     Sharing: *Evaluation of Course (Simon)*  
3.30 pm      Growth Group Session (*Two participants, the three staff will attend final session*)  
5.00 pm      End of study session  
7, 00 pm Barbecue and Social (*Matthias*)

## **Saturday**

Departure after Breakfast

# **Phase Two**

## **Monday**

8.00 am      Breakfast  
9.00 am      Mass (*Gervase*)  
10.15 am     Election of Leaders  
                Share Experience of counseling since the last phase (*Kenneth*)  
11.00 am     Tea Break  
11.30 am     Share on Expectations (*Gervase*)

Revise skills learnt in Phase One  
*(Simon)*  
3.30 pm Growth Group *(Participants)*  
5.00 pm End of study session

## Tuesday

7.00 am. Mass followed by Lauds  
8.00 am Breakfast  
9.00 am Skills: Parent-Adult-Child *(Gervase)*  
10.05 am 1-2-1 Counseling *(Participant)*  
11.00 am Break tea  
11.30 am Sharing: *Accidents (Kenneth)*  
3.30 pm Growth Group Session *(Participants)*  
5.00 pm End of study session

## Wednesday

7.00 am. Mass followed by Lauds  
8.00 am Breakfast  
9.00 am Skills: *Journaling (Simon)*  
10.05 am 1-2-1 Counseling *(Participant)*  
11.00 am Break tea  
11.30 am Sharing: *Grieving (Simon)*  
3.30 pm Growth Group *(Participant)*  
5.00 pm End of study session

## Thursday

7.00 am. Mass followed by Lauds  
8.00 am Breakfast  
9.00 am Skills: *Anger Management (Kenneth)*  
10.05 am 1-2-1 Counseling *(Participant)*

11.00 am Break tea  
11.30 am Sharing: *Celibacy (Gervase)*  
3.30 pm Growth Group Session (*Participant*)  
5.00 pm End of study session

## **Friday**

7.00 am. Mass followed by Lauds  
8.00 am Breakfast  
9.00 am Skills: *DreamWorks (Gervase, Simon)*  
10.05 am 1-2-1 Counseling (*Participant*)  
11.00 am Break tea  
11.30 am Sharing: *Evaluation of Course (Simon)*  
3.30 pm Growth Group Session (*Participants*)  
5.00 pm End of study session  
7, 00 pm Barbecue and Social (*Matthias*)

## **Saturday**

Departure after Breakfast

## **Facilitators**

Fr. Gervase Mukasa

Fr. Simon Peter Kyambadde

Fr. Kenneth Gaffa

- Each takes a lecture on a particular counseling skill
- Two give the growth group session
- One carries out the one-to-one session (on the last day one of the participants facilitates the one-to-one session)
- All are available for individual private counseling of the participants