Champion’s Counselling Sessions Overview

Champions take verbal consent before every session. Each session lasts for 20 to 40 mins.

Following table gives overview of steps which Champions followed during 4-6 counselling sessions.

| Session 0                                                                 | Session 1                                      | Session 2                          | Session 3, 4 and 5                        | Session 6-          |
|---------------------------------------------------------------------------|-----------------------------------------------|------------------------------------|------------------------------------------|---------------------|
| - Understand the distress, stressors and context of problems.            | - Conversation around getting to know client’s goals | - Problem solving techniques – how to solve problems? | - Review homework and activity log from last session | - Review goals |
| - Explain the nature, structure and purpose of counselling sessions.      | - Active listening skills (what is going on in your life/what are your problems?) | - Introduce activity scheduling & activity log | - Ask how moods have changed due to activities | - Summarize skills learned |
| - Plan for the sessions and decide time and place to meet.               | - Do they want a relative involved?           | - Make selection of activities to try before next session | - Have discussion on mood changes/how activities made client feel | - Make a plan for how to respond to challenging situations |
|                                                                          | - Plan sessions ahead                         | - Schedule next appointment        | - Review problems                        | - Develop toolbox of helpful responses |
|                                                                          | - Active listening, empathy are the skills which are used in every session | - Relaxation exercise demonstration and encourage to practice | - Add new activities that align with goals stated from Session 1 |                  |
|                                                                          |                                               |                                    | - Relaxation exercise at the end of session if feasible |                  |