

# C.R.E.W.

## Counselling Resource and Education Workshops

C.R.E.W. is the next step in your counselling journey, after you have completed an intake or your counselling sessions.

The intention of these workshops is to offer you support, education, and awareness; all of which will prepare you as you begin or complete counselling at Lethbridge Family Services.

C.R.E.W. consists of a rotation of 12 presentations, each covering a specific counselling-related topic. Individuals are welcome to attend all 12 presentations or choose which topics best suit their needs and interests.

When you complete a Counselling Intake, your email is added to the C.R.E.W. list. Each week, those on this list will receive an email with the link to attend that week's online presentation session.

C.R.E.W. sessions are designed to be educational. While they do not include the processing of individual stories and experiences, the information provided can support participants as they begin or complete their time in counselling.

*1:  
WHAT IS COUNSELLING?*

This presentation will review the various types of counselling that exist and the specific counselling services offered through Lethbridge Family Services. This topic will also explore facts and myths about counselling and important information about confidentiality.

*2:  
EMOTIONS AND FEELINGS*

Emotional awareness is a fundamental component in someone's counselling journey. This presentation will examine the facts about human emotion as well as important information about our needs as emotional beings.

*3:  
GRIEF AND LOSS*

Experiences of grief and loss weave themselves into many areas of life. In this presentation, the various types of losses we can experience are discussed as well as the wide array of impacts grief and loss can have on a person. Models of grief and loss are examined to help bring these impacts and experiences into context. It is useful to partake in the presentation on Emotions and Feelings prior to the topic of Grief and Loss.

*4:  
GOAL-SETTING*

Goals are an important component of counselling. This presentation discusses the value of goals in the counselling experience and walks participants through the S.M.A.R.T. method of goal-setting. Other tools useful in goal-setting and maintenance are explored.

*5:  
MINDFULNESS*

Mindfulness has become a valuable tool in the world of counselling. The foundations, emotional impacts, and benefits of mindfulness are discussed in this presentation to offer an understanding of how this practice can support the counselling journey.

*6:  
THE WINDOW OF TOLERANCE*

This session examines The Window of Tolerance as a means of understanding the impacts we can face as a result of stress, adversity, and trauma. The Window of Tolerance model is related to the function of the nervous system. This information can be supportive as a person seeks self-understanding.

# C.R.E.W. TOPICS

## 7: HEALTHY BOUNDARIES

Boundaries can help us to stay emotionally and mentally well. Setting boundaries is a skill and is therefore something we can practice and constantly improve upon. In this presentation, types of boundaries are explored as well as strategies and information to support learning to setting boundaries.

## 9: THE COURAGE TO CHANGE

Creating change is a marathon, not a sprint. This session will look at The Stages of Change in order to provide an approachable framework for implementing and maintaining life changes.

## 11: EXTERNAL RESOURCES

The resources that exist around us can be vital to our healing journey. This presentation will explore both the natural supports we have within our lives and the professional resources that exist in our community.

## 8: TRAUMA & ABUSE

This session explores important information regarding the realities and impacts of trauma and abuse. Valuable explorations of resilience are also incorporated in order to provide a balanced approach to this sensitive topic.

## 10: INTERNAL RESOURCES

We all possess skills and traits that allow us to remain resilient in the face of difficulty. This presentation will explore the research of Project Resiliency and the 7 Key Resiliencies conceptualized from that project. This session offers an invitation for individuals to reflect on the value of resilience in their lives.

## 12: NEXT STEPS

This session gathers the highlights of what was discussed in each of the previous sessions to provide a summary. The next steps in the process of accessing counselling services are also discussed.