

**POST-CONFERENCE PROCEEDINGS
WORKSHOP SESSION SUMMARY
NIEHS NATIONAL TRAINERS' EXCHANGE
MARCH 2012**

1. Session Title and Presenter's Contact Information:

"Group Counseling for Job Training Success"

Anita Moore Cutter

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2. Workshop Summary

The objective of this workshop is to have participants leave with the ability to integrate the Group Counseling Curriculum into their worker training programs. The facilitator uses a 15-20 minutes PowerPoint presentation to provide information on the curriculum design, objectives, and topics covered. Participants role play an abbreviated group session initiated by the facilitator. Participants are encouraged to ask questions and provide input throughout the workshop.

3. Methods

This exercise uses a hands-on training method allowing the participants to role play an actual topic from the group counseling curriculum. If possible, the session should mimic the format of a group session. For effectiveness, the workshop setup should allow for participants to be able to sit in a large circle during role play. Maximum class size should be 20 to allow most participants to ask questions.

4. Main Points

Key lessons from the session

- Because the role play topic of this workshop focused on communication skills, a key point of this session was that clear communication is critical
- Getting others to participate is critical to the group counseling. The facilitator must pull people in until they are comfortable.
- The counselor/facilitator is critical (and key to retention). The Worker Training Programs have detailed job description for instructors. Many counselors have masters or doctorate degrees. But just as important is the person's experience.

NIEHS WETP National Trainers' Exchange: Training Today for a Safer Tomorrow

March 28-29, 2012, Fort Lauderdale, FL.

- In the Worker Training Programs participants attend several days of orientation before actual class instructions such as the group counseling. Ground rules are set during orientation.

Responses from the participants

- The group counseling curriculum session format appears to follow the same format as a 12-step program which allows for participants to connect or form bonds. This strengthens the curriculum.

5. References

Not applicable

6. Workshop Handouts/ Resources

- a. Handout: Group Counseling for Job Training Success - PPT
- b. The Group Counseling Curriculum on an USB flash drive