

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