



# Learning to Help According to the PRH Helping Relationship Method

## *Learning to be an accompanist in a helping relationship*

### **YOU CAN EXPECT THIS WORKSHOP TO HELP YOU:**

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- Acquire the bases of the PRH helping relationship method.
- Discover and experience the necessary attitudes.
- Become equipped to meet the requests for help in your daily or professional life.

### **WORKSHOP OUTLINE**

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- *Part 1 – The fundamental attitudes for helping others*
  - The emphasis is on “how to be” through a quality of listening and fundamental attitudes
- *Part 2 – The various forms of help and my main reference points for helping others*
  - Dialogue approach, non-directive approach, and directive approach
  - From my own experience as a helper, I bring out my main reference points for helping others
  - The main component of this workshop is experiencing interviews lived within the group of participants. These interviews are followed by observation work, sharing, and dialogue concerning the various points observed. All of this takes place under the responsibility, the direction, and input from the facilitator.
- *Action plan and final inventory*

### **WORKSHOP PROCESS**

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This process takes place in a group. Through questions you are asked to observe a particular area in your life and to describe your experience of it. This personal time of guided written exploration is followed by optional sharing without any discussion. In order to deepen each individual's exploration, the educator offers input and various supporting resources (diagrams, commentaries, observation papers, etc.). The diverse experiences shared in the group are enriching for participants. You are also given opportunities to reflect and make decisions that are relevant to your life.

### **CONDITIONS FOR PARTICIPATION**

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You are required to have taken the *Who Am I?* workshop or *Discovering the Core of My Identity and Growing in Personal Solidity* and the module *Learning How to Receive Help with the PRH Helping Relationship Method*.

It is not recommended for individuals under psychiatric care, except with approval from their psychiatrist.