



Learning How to Receive Help According to the PRH Helping Relationship Method

Learning to be a client in a helping relationship

YOU CAN EXPECT THIS WORKSHOP TO HELP YOU:

- Learn how to receive help in a methodical way, in order to derive greater benefits from your one on one interviews.
- Acquire the bases of the PRH method in order to receive help.
- Accelerate your growth and progress toward greater autonomy in your interviews.

WORKSHOP OUTLINE

- *Overview and exploration of my experience as client*
- *Part 1 – The PRH helping relationship method*
 - Choosing what I want to work on in my PRH helping relationship interview
 - Preparing for an interview: learning the method and presenting my preparation
 - Experiencing an interview within the group of participants
 - The unfolding of an interview and its various stages
- *Part 2 – The essential attitudes required of the client*
 - The attitudes to live toward myself and toward the accompanist
 - Experiencing another interview within the group of participants
 - The interview is followed by observation work and sharing

This is done under the responsibility of a PRH educator who provides direction and appropriate input.
- *Action plan and final inventory*

WORKSHOP PROCESS

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

You are required to have taken the *Who Am I?* workshop or *Discovering the Core of My Identity and Growing in Personal Solidity*. It is not recommended for individuals under psychiatric care, except with approval from their psychiatrist.