

Intensive Week ACES Lesson Plan & Teaching Demonstration

Lesson Theme Description: Counselor Development

Learning Outcomes:

- To create awareness of wellness opportunities for Counselors-in-training (CITs)
- To develop comprehension of and create interventions for increasing CIT self-care, ability to create margin, and exposure to the art of balancing personal and professional responsibilities
- To apply information learned to develop tactics for Counselor development

Resources: We will use the website app Mentimeter.com to generate reflections from a CIT scenario as well as use PowerPoint slides for didactic teaching. Experiential learning will occur through reflection and group discussion activities.

Audience Knowledge: The audience will be future and/or current Counselor Educators who have experience themselves at one time of being CITs, but they will also have some exposure to teaching and/or supervising CITs which would include some level of developing them.

Strategies: We will use the strategy of exposing the audience to a typical day of a CIT and all they manage and ask the participants to reflect on what emotions they feel when hearing this scenario. We will use evidence-based data for didactic teaching for counselor burnout. We will also use didactic teaching to expose the participants to practical steps to develop CITs to prevent attrition.

Timeline: See below

Lesson Plan

Time allotted	Teaching Activity	Resources Needed	Rationale
5 minutes (Hope)	Intro- Read an example of a CIT of what her day looks like---what feeling does that invoke	Mentimeter.com	This is meant to help the audience gain insight into the need for CIT support.
2 minutes (Bonnie)	Introduction of topic and explanation of why it is important; Explanation of learning outcomes	PPT slides	The data on counselor burnout and the Mental health worker shortage will assist the participants to see the need to focus on

			development in order to prevent counselor burnout
6 minutes (Anita)	Implementing Self-care and Spiritual Integration	PPT Slides	These slides were meant to bring awareness to the necessity for self-care modeling by the CEs, bring awareness to the empirical findings regarding self-care, identify the gaps in professional standards for self-care, and also provide an example of self-care and talk about its efficacy.
5 minutes (Bonnie)	Defining what margin looks like for CITs and some explaining practical steps that CITs can create that margin on an ongoing basis	PPT slide	This slide is meant to expose the participants to areas that they can create margin in their own life but also give practical ways to educate CITs on how to begin doing this early on in their career as a preventative measure
5 minutes (Hope)	Finding Balance	PPT slide	This slide is meant to add insight and interventions surrounding the Counselor Educators and the support they could give the CIT's using the Relational Cultural Theory approach.

5 minutes (All)	Group Discussion – What would you recommend to incorporate into either individual classes or a program as a whole to address these development areas	PPT slide	This discussion is meant to have the participants react to the information shared and develop some strategies that they could implement with their CITs to increase development opportunities.
2 minutes (Bonnie)	Open dialogue for questions	PPT slide	This is meant to ensure the participants have the opportunity to ask for clarification on any topic presented.