



Senior Peer Counseling Training Program FAQs and Application

Thank you for your interest in helping seniors in need in our community!

We actively recruit and train new peer counselors, and welcome your interest and potential participation. We encourage you to review our website to learn more about our organization and these FAQs prior to filling out our peer volunteer application located on the next page.

What are the benefits of being a peer counselor?

Along with the satisfaction of helping others, our counselors also benefit from:

- Making a meaningful contribution that addresses an urgent community need.
- Developing a strong sense of camaraderie and support with their fellow counselors.
- Experiencing the sense of deep appreciation from clients.
- Acquiring significant self-knowledge and achieve substantial emotional growth which can be applied in their own personal relationships and thereby enhance the quality of their lives.

What is the commitment?

Our training program consists of 8 sessions, 2 hours per session – that take place over the course of 8 weeks. These training are required and consist of a group experience that combines didactic learning and experiential work in counseling and coaching skills. The training is conducted by licensed professionals and includes guest presenters.

Upon successful completion of the training and receiving certification, the time commitment as a Peer Counselor involves approximately 5-10 hours a week which includes interactions with clients, families, a required weekly supervision session and occasional participation in other related activities. Additionally, peer counselors are encouraged to participate in community events, activities and educational programs as they relate to aging issues.

What type of trainings do you offer?

We offer two training opportunities for seniors who want to become a peer counselor:

- 1- One-on-One Counselor Training – prepares volunteers who are interested in providing counseling services to individuals.
- 2- Group Counselor Training – for those interested in co-leading support groups that we host in a variety of facilities in our community.

What qualifications are needed to enroll in trainings?

No prior counseling experience is necessary. To become involved with our program we look for individuals who are 50 years or older, with a listening ear and a caring heart. Along with helping others you have the opportunity to join a welcoming community of 30+ volunteers.

Where do the trainings take place and how much do they cost?

Training take place at our offices – 228 E. Anapamu Street, Suite 208 (near Garden Street in downtown Santa Barbara. The tuition is \$150 with partial scholarships available.

How are volunteers selected for training?

Potential volunteers complete our peer counselor application and participate in a screening interview.



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Peer Counselor Training Application

Please complete this application and return via email: info@csab.org or mail to our offices:
228 E. Anapamu St., Ste 208, Santa Barbara, CA 93101

We ask you keep answers brief as during your personal applicant interview you will be able to expand upon your thoughts. If you have a resume, please include it with your application. Once we receive your application we will contact you to schedule an appointment as soon as possible!

Name		Date of Birth	
Street Address		Email	
City		Home Phone	
State & Zip		Cell Phone	

How did you hear about this program?	What appeals to you about this program?
What does 'successful aging' mean to you?	Have you ever worked with older people? (Family included?)



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What are your present interests and hobbies?	How could participating in this program influence your personal life?
What qualities do you have that will help you become a good counselor?	Past Employment / Volunteer Activities: [Organization/Position/How Long?]
Do you have health concerns which would affect your involvement in the program? If yes, please explain:	Is there anything else you want to tell us?
What do you use for transportation?	What is your current living situation?

Please provide 3 references:

Name	Phone	Email