



## Intersession Program

# BECOMING A HEALING PRESENCE

*Essential Skills for Supporting Others with Care*

WEBINAR-WORKSHOP

JUNE 1 TO 6, 2026 (MON TO SAT)

ONLINE via ZOOM



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The **Becoming a Healing Presence: Essential Skills for Supporting Others with Care Webinar-Workshop** is a six-day psycho-spiritual wellness and mental health training program. It equips pastoral counselors, caregivers, educators, LGU officials, ministry and business leaders with essential skills to support *emotional, psychological, and spiritual well-being* in themselves and others. Grounded in evidence-based practices integrated with Christian psycho-spiritual frameworks, the program combines:

- Foundational listening
- Mental health awareness
- Trauma care
- Suicide prevention
- Resilience strategies, Growth group experience
- Sustainable self-care

### A. LEARNING OBJECTIVES

By the end of the workshop, participants will:

- Cultivate a compassionate and grounded presence that enhances pastoral care and emotionally intelligent leadership
- Demonstrate basic helping skills, including compassionate listening, empathy, and supportive communication
- Understand and recognize common mental health concerns
- Make sense of self-harm and recognize early warning signs of suicide risk
- Propose context-appropriate suicide prevention and crisis management protocols
- Apply the core principles of Psychological First Aid (PFA) when supporting individuals in crisis
- Make appropriate referrals to mental health and medical professionals when necessary
- Grasp the meaning and impact of everyday or “simple” traumas and remain aware of the risk of vicarious traumatization
- Differentiate stress from burnout and recognize signs of compassion fatigue
- Appreciate the inherent capacity for resilience in every person
- Experience and acknowledge one’s own capacity for ongoing self-growth

- Practice self-care and maintain healthy emotional boundaries to sustain effective pastoral ministry and leadership

## **B. SKILLS**

### **Listening & Communication**

- Basic and advanced empathetic listening techniques
- Supportive communication for trust-building

### **Mental Health Awareness**

- Identify common mental health concerns
- Recognize self-harm and suicide warning signs

### **Crisis Response**

- Psychological First Aid (PFA) principles
- Suicide prevention and crisis management protocols

### **Trauma & Resilience**

- Understanding trauma and vicarious traumatization
- Building resilience through spiritual and psychological practices

### **Self-Care & Growth**

- Emotion regulation, mindfulness, and vagus nerve stimulation
- Personal growth group experience
- Sustainable self-care routines and boundaries

## **C. ATTITUDES**

- Cultivate compassion, empathy, and emotional intelligence
- Respect the dignity of every person
- Commit to hope, humility, and openness in pastoral care
- Sustain resilience and self-care for long-term ministry effectiveness

### **Methodology**

This webinar-workshop will make use of:

- Psycho-spiritual approaches integrating faith and psychology
- Lectures, discussions, readings, and case studies
- Demonstrations of counseling and crisis response techniques
- Practice sessions, role-plays, and group processes
- Personal growth group experience for deeper integration



# Intercession Program **FAMILY DYNAMICS & COUNSELING**

WEBINAR-WORKSHOP  
JUNE 15 TO 27, 2026 (MON TO SAT)  
ONLINE via ZOOM



+63 915 419 1636

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www.cefam.ph



The **Family Dynamics and Counseling Webinar-Workshop** is an intensive two-week certificate program particularly for persons and agencies whose work is focused on helping families. It is designed to develop and to enhance the following:

## **A. KNOWLEDGE**

- Learn to look at a family as being capable and being full of opportunities
- Appreciate the Filipino family psyche
- Be exposed to different family counseling/therapy approaches
- Develop family dynamics from a systemic perspective
- Understand crises/transitions in the family and how the family can cope
- Identify “differentiation of self,” “boundaries,” and their implications to the Filipino concept of “family connectedness”
- Be aware and understand how one’s emotional birth order molds a person’s behavior, personality, and managerial skills

## **B. SKILLS**

### **Assessment**

- Show healthy patterns of behavior/strength and use them
- Specify family counseling approaches that would fit the helper and the helpee/s
- Distinguish between:
  - Ordinary conversation and counseling
  - Confession and counseling
  - Spiritual direction and counseling
  - Advice-giving and counseling
- Crisis intervention

### **Case Conceptualization**

- Apply theories and concepts in real-life family cases
- Identify underlying issues, stressors, as well as individual and family life cycles that affect families

## Treatment

- Observe the different systemic family counseling/therapy approaches
- Demonstrate and replicate them under supervision
  - Manage transference and countertransference
  - Design referrals

## C. ATTITUDES

- Actively participate in being a “church;” deepen faith, hope, trust, and humility
- Experience and appreciate the dignity of persons
  - Commit to deepen the capacity for compassion (empathy)
  - Be aware of one’s own self-care and growth

## Methodology

This webinar-workshop will make use of:

- A psycho-spiritual approach in helping families
- Online experiential process activities, both individually and in groups
- Online demonstration of counseling sessions
- Online role-play sessions
- Lectures, readings, case studies
- Growth group process