

# Leadership Telehealth Counseling Intensive

## Model 1-Week Individual / 15-Hour Sample Schedule

### Orientation and Recommendations

#### Pre-Intensive

Paperwork/ Possible Testing / Assessments

#### Sunday

Initial Preparation – clear schedule for week to create an atmosphere of focus

#### Monday

9:00am-Noon Counseling  
12:30-1:30pm Lunch Break  
1:30-3:30pm Rest / Recreation  
3:30-5:30pm Recommended Growth Assignment #1 (Ex. Focus on Recovery Strategies /Developing a Theology of Self Care)  
7:00pm Recommended reading: (Ex. Selections from *Resilient Ministry*)

#### Tuesday

9:00am-Noon Counseling  
12:30-1:30pm Lunch Break  
1:30-3:30pm Rest / Recreation  
3:30-5:30pm Recommended Growth Assignment #2 (Ex. Journaling: Key lessons learned from debriefing the Past. Lament writing)  
7:00pm Recommended reading: (Ex. Selections from *Necessary Endings*)

#### Wednesday

9:00am-Noon Counseling  
12:30-1:30pm Lunch Break  
1:30-3:30pm Rest / Recreation  
3:30-5:30pm Recommended Growth Assignment #3 (Developing Boundaries. Role Clarity in Ministry)  
7:00pm Recommended reading: (Ex. Selections from *Boundaries for Leaders*)

#### Thursday

9:00am-Noon Counseling  
12:30-1:30pm Lunch Break  
1:30-3:30pm Rest / Recreation  
3:30-5:30pm Recommended Growth Assignment #4 (Ex. Building Conflict Competencies)  
7:00pm Recommended reading: (Ex. Selections from *Crucial Conversations*)

#### Friday

7:15am Recommended Growth Assignment #5 (Ex. Finalizing Growth Plans for Reentry)  
9:00am-Noon Counseling  
Follow Up Growth Assignments