

Curriculum

Name of education institution: Loov Ruum Koolitused OÜ

Name of curriculum: Training Programme for Peer Counsellors With a Migrant Background

Curriculum group: Social work and counselling

Total volume of studies: 182 academic hours

Which is divided as follows

80 academic hours – classroom work

30 academic hours – supervised practical training

26 academic hours – participation in practical training supervision processes (individual and group supervision)

38 academic hours – independent work with required reading, written review of recovery history, self-reflection

8 academic hours – written final assignment

1 Training content

Training modules	Academic hours
Part 1: training (classroom work)	
1 Introduction to Peer Counselling	2.5
2 Counselling Foundations & Ethics	5.5
3 Self-Awareness & Reflection for Counsellors	8
4 Analysis of Personal Recovery Experience	8
5 Basic Counselling Skills and Techniques	27

6. Crisis Intervention Fundamentals	14.5
7. Group Work Fundamentals	14.5
Classroom work total	80
Part 2: Supervised practice, written final assignment and independent work processes	
9. Peer counselling supervised practice	30
10. Practice guidance/supervision individually and/or in groups	26
11. Independent work with required reading, written review of recovery story, completion of internship diary, self-reflection	38
12. Written final assignment	8
Supervised practice, written final assignment and independent work processes in total	102
Total	182

2 Target group

The target group for the curriculum is people with a migrant background living in Tallinn who are at least 18 years old, including new immigrants, residents with different linguistic and cultural backgrounds, and returnees who wish to acquire the knowledge and skills to work as peer counsellors in order to support others with similar migration experiences on their journey to mental health and adaptation.

Completing the training course qualifies participants to work as peer counsellors in rehabilitation teams, healthcare or educational institutions, or in the private sector.

3 Requirements for completing the training and obtaining a certificate

- 1) Minimum 80% attendance in classroom and contact hours (maximum 2 days absence allowed).
- 2) Practical training, practical training supervision, and final written assignment must be completed in full
- 3) Timely submission of written final assignment and positive assessment by trainer(s)
- 4) Positive assessment from the trainer(s) and internship supervisor/mentor (the supervisor/mentor submits the assessment to the training institution in writing)
- 5) Certificate of Completion – issued when the entire training has been fully completed and all requirements have been met
- 6) Certificate of Attendance – issued when the training has been partially completed or some requirements have not been positively fulfilled

4 Requirements for admission to and completion of basic training – checked by the training organisation

- 1) Sufficient level of recovery
- 2) Positive attitudes towards recovery processes
- 3) Readiness to apply personal recovery story in the work of a peer counsellor
- 4) Psychosocial maturity
- 5) Willingness to work through one's recovery story during the training process
- 6) Willingness to use one's recovery story as a learning tool in the training process
- 7) Willingness to cooperate with trainers, fellow students, practical instructors and supervisors
- 8) Willingness to cooperate in networking when providing services

5 Training Implementation:

- The training consists of five two-day sessions, each comprising 8 hours of learning per day. The first training day runs from 12:00 to 19:00, and the second day from 10:00 to 17:00.
- The group size is limited to a maximum of 14 participants.
- Each training day includes three breaks (two 15-minute breaks and one 60-minute lunch break).
- The training is conducted in the form of psychoeducational group work, combining short theoretical lectures, practical exercises, and group discussions. The discussions provide an opportunity for participants to share experiences, ask questions, and reflect on their learning.