

Peer Counseling 101
FOCUS School of Ministry
May 26, 2008

- A. Introduction and Review
 - a. Peer Counseling = the process of leading, guiding, assisting and otherwise influencing a peer to good decision-making and to emotional, mental, spiritual, and/or physical well-being
 - b. Types
 - i. Formal
 - 1. Ministry leadership – small group leader; intern; etc.
 - 2. Mentoring
 - 3. Assigned assistance
 - ii. Informal
 - 1. Friendship
 - 2. Roommates
 - 3. Group members
 - 4. Personal requests
 - c. Group Review – Around tables each person share your number one takeaway from last week

- B. Issues of Young Adults
 - a. Fears and anxieties
 - i. Failure
 - ii. Being alone
 - iii. Becoming marginalized
 - iv. Loss of parents
 - b. Immaturity and arrested development
 - i. Over-dependence
 - ii. Over-protected
 - iii. Helplessness
 - iv. Irresponsibility
 - v. Manipulative
 - vi. Selfish
 - vii. Mean-spirited
 - viii. Lack of anger-control
 - ix. Impulsiveness
 - x. Compulsiveness
 - xi. Annoying
 - c. Control issues

- i. Controlling; domineering
 - ii. Being controlled
 - iii. Passive-aggressiveness
 - iv. Manipulation
- d. Body type issues
 - i. Weight/shape/height
 - ii. Muscularity – guys
 - iii. Shapeliness – girls
 - iv. Sexual organs
 - 1. Guys-genitals
 - 2. Girls-breasts
 - 3. Other issues
- e. Sexuality issues
 - i. Fantasy issues
 - 1. Pornography – soft porn included
 - 2. Erotic movies, songs, books, magazines, and TV shows
 - 3. Obsessions
 - ii. Abuse
 - 1. Past rapes, assaults, threats, incest, sights and sounds
 - 2. Verbal, mental, emotional
 - 3. Embarrassments, humiliation
 - iii. Promiscuity
 - 1. Guilt
 - 2. STDs
 - 3. Fears
 - iv. Gender disorientation
 - 1. Homosexuality
 - 2. Transgender
 - 3. Pedophilia
 - 4. Fetishes
 - 5. Effeminacy-guys
 - 6. Masculinity-girls
- f. Social issues
 - i. Rejection and alienation
 - 1. Socio-economic
 - 2. Interests
 - 3. Harassment
 - ii. Dating and marriage
 - 1. Unrealistic expectations
 - 2. Poor dating practices
 - 3. Social and family systems issues
 - iii. Introversion/Extroversion

- iv. Reputation
- v. Race and Ethnicity
 - 1. Music; food; dress
 - 2. Odors
 - 3. Preferences
- vi. Geographics; other demographics
 - 1. Dress
 - 2. Accent; language
- g. Family issues
 - i. Parents' marriage; divorce; step-parents;
 - ii. Relationship with parents
 - iii. Relationship with siblings; step-siblings
 - iv. Family dysfunctionality
 - v. Spiritual issues
 - vi. Control issues
 - vii. Abuse issues
- h. Addictions
 - i. Drugs-legal and illegal
 - ii. Alcohol
 - iii. Food
 - iv. Sex
 - v. Recreation
 - 1. Video games
 - 2. Gambling
 - 3. Sports
 - vi. Acquiring
 - 1. Shopping
 - 2. Collecting
- i. Mental and Emotional issues
 - i. Eating disorders
 - ii. Anxiety
 - 1. Normal
 - a. Future
 - b. Losses
 - c. Career
 - d. Health
 - 2. Abnormal
 - a. Paranoia
 - b. Obsession
 - c. Lack of functionality
 - d. Voices
 - e. Sleep

- j. Depression
 - i. Pathological
 - ii. Self-Induced
 - iii. Situation-induced: deaths, losses, disabilities, etc.
- k. Personality
 - i. Winsome; popular; attractive
 - ii. Abrasive; annoying
 - iii. Type
- l. Hate, bitterness, resentment
- m. Intellectual