Learning to Receive Help Using the PRH Method

Apprenticeship in being accompanied

BENEFITS YOU CAN EXPECT FROM THIS WORKSHOP

➢ Learn to receive help in a methodical way, in order to derive greater benefits from your one on one interviews.

➢ Acquire the bases of the PRH method in order to receive help.

➢ Accelerate your growth and progress toward greater autonomy in your interviews.

WORKSHOP OUTLINE

- *Global approach and exploration of my experience as client*
- *Part 1 – The PRH helping relationship method*
  - Choosing what I want to work on in my PRH helping relationship interview
  - Preparing for an interview: learning the method and presenting my preparation
  - First experimental interview within the group of participants
  - The unfolding of an interview and its various stages
- *Part 2 – The essential attitudes required of the client*
  - The attitudes to live toward myself and toward the accompanist
  - Second experimental interview within the group of participants
  - The experimental interview is followed by observation work and sharing

  This is done under the responsibility of a PRH educator who provides direction and appropriate input.
- *Action plan and final inventory*

APPROACH USED IN THIS WORKSHOP

The training takes place in a group. Questions invite you to observe your life on the theme being dealt with and to describe your experience. The time for guided analysis is followed by optional sharing, without discussion. In order to deepen participants' personal research, the educator gives input and uses various means (diagrams, commentaries, observations notes, etc.). The variety of experiences shared in the group enriches participants. You are then invited to make well thought out decisions corresponding to your actual reality.

CONDITIONS FOR PARTICIPATION

You are required to have taken the *Who Am I?* workshop*.* The workshop is not recommended for deeply perturbed individuals or for individuals in psychotherapy, unless they receive approval from their psychotherapist.