**Course Title:** Help Yourself: Strategies for Making Positive Changes in Your Life

**Course Code:** WSP 260

**Instructor Names:** Anna Ranieri and Joe Gurkoff

**Course Summary:**

Help Yourself is an experiential workshop for people who want to make positive changes in their personal or professional lives. The workshop will cover topics that include: recognizing and valuing one’s own needs, applying counseling theory and practice to helping oneself, distinguishing self-care from professional care and maintaining self-care when one has obligations to others. Participants will learn and practice techniques for self-understanding; clarifying feelings, thoughts and desires; setting goals; making plans and staying on track; using social support and assessing the need for professional help.

The workshop is not equivalent to a professional training course and is not a substitute for personal counseling or psychotherapy. The workshop cannot be taken for a letter grade.

**Grade Options and Requirements:**

No Grade Requested (NGR): Class attendance

Credit/No Credit (CR/NC): Class attendance and participation

Please Note: No letter grades will be given
**First Class Session: Saturday, February 20**

Introductions: Anna, Joe, class members

Course overview and process including confidentiality and other issues

Exercise: Types of problems and how we react to them

Understanding yourself: Personality type and temperament

How to maximize strengths and minimize weaknesses to make positive changes

The role of thought patterns in causing and solving problems

Exercise: Identifying and changing ineffective thinking to generate change

Assignment: Applying today's discussions to a problem you seek to solve

**Second Class Session: Saturday, February 27**

Review and questions

Elements of growth: Openness to new information; committing to change

Exercise: Sifting through information and ideas

Steps in the problem solving process: clarifying the problem, setting a goal; making a plan

The role and importance of confrontation

Exercise: Template for change

Seeking professional help and changing course

Course wrap-up and final questions