



BERKELEY FREE CLINIC PEER COUNSELING COLLECTIVE APPLICATION

WHO ARE WE?

- The PEER COUNSELING COLLECTIVE, or the PCC, is a group of volunteers from diverse walks of life who believe that everyone should have access to mental health care.
- We offer *completely free counseling* to the community.
- We are against *all forms of injustice* and strive to dismantle oppression in our community.
- We are a part of the BERKELEY FREE CLINIC, which has been offering *free healthcare* to the community since 1969.
- We are non-profit. We function as a collective. We make all major decisions as a group.
- We see drop-in clients, many of whom are long-term.
- We practice client-centered counseling. We focus on listening and emotions. We do not give advice.

Email applications to
pcctraining@berkeleyfreeclinic.org

PCC SELECTION PROCESS

Submit application	By 11:59 pm Nov 1, 2024
Selected applicants contacted for interviews	By November 16, 2024
Interviews take place	Through December 15, 2024
All applicants notified regarding acceptance	By December 20, 2024
Training starts	January 11, 2025

Training

The PCC training is intensive and a big commitment. You will spend a lot of time discussing serious and often personal issues. By the end, you will be a well-trained peer counselor with a better understanding of the world and a lasting bond with your training class members.

Training Topics

- Berkeley Free Clinic collective values and responsibilities
- Counseling methods
- Self-care
- Mental Health Conditions
- Privilege & identity
- Anxiety, grief, anger, trauma
- Depression, suicide
- Sexual assault, domestic violence
- Cultural Humility

- Homelessness
- Substance use, harm reduction

Training Schedule

Training lasts approximately **4 months**. It will begin this year in **early January** and will finish **mid April**.

Training sessions are held on **Saturdays and Sundays during the day (approximately 10 am-3:30 pm with an hour-long lunch break)**. ***Full attendance is essential***—if you miss more than two classes it will be harder for you to complete the training requirements. **Counseling practice (triads) will be scheduled independently of the training sessions during certain weeks off.**

Training Location

All training classes will be held in person at the Berkeley Free Clinic. We are in the process of moving and the location of training will depend on where the clinic is in the process of moving.

Additional Requirements

In addition to completing the training course you will **also need to**:

- Complete 6 practice counseling sessions (they occur during scheduled training sessions)
- Attend **1 PCC Business Meeting**
- Shadow **1 shift night** with a PCC member.

THERE IS A
*****MANDATORY 1-YEAR VOLUNTEER COMMITMENT*****
FOR 12 CONSECUTIVE MONTHS AFTER THE TRAINING.

*Letters of Recommendation are not provided until you have volunteered
for 1 year after training*

Collective Requirements

Once you complete the training, these are the collective requirements **for at least one year after graduation**:

- **Staff 7 drop-in counseling shifts per quarter (every 3 months).** (Drop-ins are Monday-Friday, 6:30-9 pm)
- **Attend 1 PCC Business Meeting per quarter.** (Held the 1st week of every month at 7:30pm, rotating Tuesday, Wednesday, Thursday).
- **Complete 5 hours of Collective Support.** (This can be outreach, training prep, fundraising, attending all-clinic or process meetings, maintaining the PCC office or computer, etc.).
- **Join one subcommittee** within the PCC, such as the training committee or outreach committee.
- **Attend at least 1 All-Clinic Meeting** in order to become a full member of the wider Berkeley Free Clinic. (All-Clinic Meetings occur at various times throughout the year, at least once per quarter.)

PEER COUNSELING COLLECTIVE

APPLICATION FORM

DUE DATE: November 1, 2024

Email applications to
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Please answer the following questions on separate paper (typed if possible).

There are no “correct” answers or length to the following questions. They are about your **experiences, feelings, and perspectives**. While we don’t expect long answers or essays to the following questions, please write enough so that we can get to know you.

I. General

1. Name (pronouns)
2. Telephone (day and evening)
3. Mailing address
4. E-mail address
5. A statement that you are or are over the age of 18. (We cannot accept applicants under 18.)
6. Languages spoken other than English
7. Good times to reach you by phone
8. [optional] Share with us any identities that are important to you.

II. Questions

1. What brings you to the Peer Counseling Collective?
2. What would you like to contribute to the group?
3. What do you care about?

4. Who do you care for?
5. We are a collective (meaning power and decision making is shared among members). What do you imagine the pros and cons of this type of organization might be?
6. What does anti-racism mean to you? What are the ways in which you practice anti-racism in your life?

III. Commitment

1. What are your current obligations and responsibilities (academic, professional, etc.)?
2. What are any scheduling conflicts you may have with the training dates or times?
3. What are your goals and plans for the next two years?

IV. Other

1. Anything else that you would like to share about yourself?
2. What do you wish we asked you on this application? (You can answer your own question or not!)
3. Are you aware that the **training is a 4 month long commitment**?
4. Are you aware that **training takes place during the day on Saturdays and Sundays**?
5. Are you aware that **there is a one-year post-training commitment that includes per quarter (every 3 months):**
 - 7 shift nights
 - 5 Collective Support hours
 - Being an **active member in one subcommittee**
 - Attending **1 Collective Meeting**

*****MAKE SURE THAT YOU HAVE INCLUDED ALL OF YOUR
CONTACT INFORMATION!*****

******DUE DATE:* November 1, 2024*****

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THANK YOU!