



**GENERAL INFORMATION**



**Refresher Training Course in Peer-Counseling for  
People with Disabilities**

**March 1 - 4 & 14 - 18, 2005  
Thailand**



**Asia-Pacific Development Center on Disability  
Ministry of Social Development and Human Security  
Thailand**

## PREFACE

The Asia-Pacific Development Center on Disability (APCD), Ministry of Social Development and Human Security, located in Bangkok, Thailand, is a legacy of the Asian and Pacific Decade of Disabled Persons (1993 - 2002). Its objective is to promote the empowerment of persons with disabilities and a barrier-free society in developing countries in the Asia-Pacific region.

APCD was jointly established with the collaboration of the Government of Japan and the Government of the Kingdom of Thailand on 1 August, 2002. APCD is also working in close cooperation with the United Nations Economic and Social Commission for Asia and the Pacific (UN ESCAP), other United Nations agencies and non-governmental organizations whose work is related to persons with disabilities.

Recently, the number of persons with severe physical disabilities has been increasing in developing countries due to more traffic accidents, improvement of emergency medical care and advanced surgery, etc. However, many surviving persons with severe physical disabilities are often abandoned at home by desperate families and lose hope to live in their communities where there is no know-how or system to support them. They often have very low self-esteem and less confidence while their families and society in general, regard them as a “dependent” burden and sometimes overprotect them.

The “Independent Living (IL)” Movement, which highly values a disabled person’s self-determination on his/her life, started in the U.S.A. in the 1970’s and has so far spread to many developed countries, where a number of IL Centers have been established to support the community life, human rights and dignity of persons with severe physical disabilities and other needy persons. It is believed that persons with disabilities can enjoy IL in their community with support from personal assistants and make decisions and take responsibility for their own lives as much as possible. An IL center enables them to do so by providing services such as dispatching personal assistants and through “Peer-counseling”, which is counseling by a trained and experienced person with a disability to a person with a disability in a similar condition (e.g., types of disability, gender). These IL Centers are managed by people with disabilities.

Despite the difference between developed and developing countries in terms of their national budget for disability issues and social security schemes, the fundamentals of the IL Movement are still equally important. Peer-counseling has been effective in helping people with disabilities with the issues of self-esteem, self-determination and empowerment.

With support from the JICA Thailand Office, a three-year pilot IL Training Program (2001 – 2003) was implemented in three provinces (Nonthaburi, Chonburi, Nakhonprathom) in Thailand. These trained leaders with disabilities have initiated IL centers. In this regard, a Refresher Training Course in Peer-Counseling for People with Disabilities will be organized to enhance the peer-counseling knowledge/skills of the former selected participants so that they conduct more effective peer-counseling and teaching it other people with disabilities at the grass-root level in Thailand.

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**ESSENTIAL FACTS**

<b>Course Title</b>	Refresher Training Course in Peer-Counseling for People with Disabilities
<b>Duration</b>	March 1 - 4 & 15 - 18, 2005
<b>Deadline for Application</b>	<b>January 25, 2005</b> * <i>Application forms must be submitted directly to APCD.</i>
<b>Countries Invited &amp; Participants</b>	9 persons in total from the 3 provinces (e.g., Nonthaburi, Chonburi, Nakhonprathom) in Thailand * Maximum of 3 persons from each of the above listed provinces. * <i>See the REQUIREMENTS FOR APPLICATION on page 4.</i>
<b>Language</b>	Thai
<b>Target Group</b>	Core-members of self-help groups (SHG) or organizations (SHO) of people with disabilities (PWD) in Nonthaburi, Chonburi, Nakhonprathom, who; 1) participated in the Peer-counseling Training (January 2003) under the Independent Living (IL) Training Program supported by JICA, and 2) have been active in conducting peer-counseling at the grass-root level
<b>Course Objectives</b>	To develop leaders in peer-counseling to effectively conduct and teach peer-counseling to other people with disabilities in Thailand by training the above target group to: 1) deepen their understanding of peer-counseling theory 2) enhance peer-counseling skills 3) develop teaching skills in order to teach peer-counseling to others
<b>Training Venue</b>	APCD Training Building 255 Rajvithi Road, Rajthevi, Bangkok, 10400 Thailand Tel: (66) 02 354 7505 Fax: (66) 02 354 7507 URL: <a href="http://www.apcdproject.org">www.apcdproject.org</a>
<b>Accommodation</b>	APCD Training Building 255 Rajvithi Road, Rajthevi, Bangkok, 10400 Thailand Tel: (66) 02 354 7505 Fax: (66) 02 354 7507 URL: <a href="http://www.apcdproject.org">www.apcdproject.org</a>
<b>Expenses &amp; Allowance</b>	The following expenses for each selected participant will be borne by the Asia-Pacific Development Center on Disability (APCD) : 1. Training expenses (e.g., lecture fee, field visit charge) 2. Accommodation during the training period 3. Meals during the training period 4. Necessary public transportation fares from their homes to APCD

## **CURRICULUM**

### **A) Basic Knowledge and Attitudes for Independent Living (IL) and Peer-counseling**

- A1: Difference between “Medical Model” Vs “IL Model”
- A2: History of IL Movement and the Concepts Behind it
- A3: Fundamentals of “Independent Living”
- A4: IL Center’s Roles and Services
- A5: History of Peer-counseling

### **B) Knowledge/Skills for Leaders/Trainers of Peer-counselors**

- B1: Significance of Peer-counseling Conducted by People with Disabilities
- B2: “Re-assessment Counseling” on which Peer-counseling is Based
- B3: Purposes and Principles of Peer-counseling
- B4: Basic Attitudes for Peer-counselors
- B5: Equality, Trust and Listening
- B6: Human Nature: 5 Common Things
- B7: Release of Emotions
- B8: Defining “Disability” from Various Points of View
- B9: What is a “Pattern”?
- B10: Suppression by Society
- B11: Forming “Support Groups”
- B12: Relationship between Peer-counseling and IL Program
- B13: Effectiveness of “Appreciation”
- B14: Methods of “Coach Counseling”
- B15: How to Conduct Peer-counseling
- B16: How to Organize Peer-counseling Training and How to be a Good Trainer.

### **C) Action Plan Formulation**

- C1: Individual and Provincial Group Action Plan on Peer-counseling

For further information please contact :  
**Asia- Pacific Development Center on Disability**  
Tel (662) 354 7505  
Fax (662) 354 7507  
E-mail: [training@apcdproject.org](mailto:training@apcdproject.org)  
Website: <http://www.apcdproject.org/trainings/PCP05>

**REQUIREMENTS FOR APPLICATION**

An applicant should:

1. Be of a THAI person with a disability who is a core-member of self-help groups (SHG) or organizations (SHO) of people with disabilities (PWD)  
 \*For an applicant who needs to have an accompanying personal assistant or a sign language interpreter for the training, s/he needs to inform APCD of the details through his/her *APPENDIX OF NOMINATION FORM (Article: Disability)*. Necessary expenditures for the selected participant’s personal assistant or a sign language interpreter can be borne by APCD, after APCD confirms the need.
2. Be a former participant of in the Peer-counseling Training (January 2003) under the Independent Living (IL) Training Program supported by JICA
3. Apply as a team with a minimum of 2 persons or a maximum of 3 persons from the same SHG/SHO of PWD

Province Name	Nonthaburi	Chonburi	Nakhonprathom
Recommended SHG/SHO of PWD to Apply to the Training	Nonthaburi Society of Disabled Persons	Chonburi Association of People with Disabilities	Nakhonprathom Disabled People Association

4. Be between the age of 20 – 55
5. Be literate in Thai and have completed primary education  
 \*Training applicants, who have NOT completed primary education but eager to become leaders in peer-counseling, must consult with APCD through e-mail/fax/phone before applying.  
 \* Blind persons equipped with English Braille as well as deaf persons able to use the international sign language are preferable.
6. Manage his/her own health condition in order to complete the training course
7. Be nominated by the respective government in accordance with the procedure stipulated in the “APPLICATION PROCEDURE” below.

**APPLICATION PROCEDURE**

1. Each applicant must fill out the *Fellowship Application Form* stipulated by the Thailand International Development Cooperation Agency (TICA), the Government of the Kingdom of Thailand, and *Appendix* provided by APCD.
2. Each applicant must fax or mail one completed copy of the *Fellowship Application Form* and its *Appendix* directly to:

Director, Asia-Pacific Development Center on Disability,  
255 Rajvithi Road, Rajthevi, Bangkok 10400, THAILAND  
Tel (662) 354 7505, Fax (622) 354 7507

**The due date for submitting the application documents to APCD is January 25, 2005.**

4. After the training participants have been selected, APCD will notify the SELECTED PARTICIPANTS no later than two (2) weeks before the commencement of the course.

**Notification of the selection results will be approximately by 15 February, 2004.**

**CERTIFICATE**

Participants who have successfully completed the course will be awarded a certificate issued by the Asia-Pacific Development Center on Disability.

**SPECIAL ATTENTION**

Participants:

- are required to fulfill the course requirements.
- are required to arrive at and leave the APCD Training Building on the dates designated by APCD.
- shall make their own arrangements for any financial matters of a private nature that are not covered under this training course.
- are requested not to bring any family members with them except in the case that s/he is the participant's personal assistant who has been approved by APCD.

The Royal Thai Government, the Government of Japan, Japan International Cooperation Agency (JICA) and/or the Asia-Pacific Development Center on Disability (APCD) shall have no liability whatsoever for the participant or his/her personal representatives for injury, illness or death suffered or contracted by the participant arising out of or in the course of his/her participation in the program/course; nor shall The Royal Thai Government, the Government of Japan, JICA and/or APCD have any liability whatsoever towards third parties for compensation for any loss of property, injury, illness or death of such third parties caused by the nominee during the course of his/her participation in the program/course.

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