



# Holistic Peer Counseling

*Nekole Shapiro*

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## **Holistic Peer Counseling** Nekole Shapiro

Holistic Peer Counseling (HPC) is a peer based counseling system which teaches the potentially radical perspective that distress patterns need loving attention to heal. We learn how to be both a client and a counselor so that we can heal ourselves and facilitate healing for others. HPC is "Do It Yourself (DIY)" technology. This means every person who takes the course learns both counseling and clienting skills and practices both roles. In this way, the person being counseled is always in control. They know the techniques, and decide to utilize their triggers as catalysts for healing or not. HPC breaks the dynamic of, "I am healer" and "you heal me". It recognizes that we all have the ability to give and receive loving attention that provides an opportunity for healing.

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