

COUNSELING SESSION 1 **(Covering Lessons 1-4)**

This session covers the content of the course that is inclusive of:

- Multicultural Competence
- Attending Behavior
- Open/Closed Questions

Be sure to review the online content prior to meeting with any students in order to familiarize yourself with the content and the expected counseling behaviors you are going to be watching for.

SCENARIO

TBA

AFTER THE SESSION

After the session complete the Client Feedback Form for Counseling Session 1 and review it with the student.

At this point, review the following questions with the student and have them reflect on their answers. Provide guidance and suggestions as to what they might include in each of these answers. Your task is not to GIVE them the answers, but to use your own counseling skills to help them find the best answer.

If they have no clue, simply coach them as to what you think they might do in terms of reading and thinking about the question.

Complete the Client Appointment Report and submit that to me.

1. Write a brief essay summarizing the benefits of Ethical Practice (you may need to do research beyond the lecture and book and look to the internet)
2. List and describe each component of the Narrative Theory of Counseling
3. Write a reflection citing the ways in which trauma might impact someone to the degree that they may seek counseling
4. Briefly describe the INTENT you may have when you are using a closed and open ended question (describe the intent of a closed ended and open ended question)
5. Review your understanding of the stages of recovery and highlight how you might use different questions to address individuals at different phases of the recovery process. Be sure you cover BOTH models of Stages of Recovery.
6. Provide a brief summary of the feedback you received from your TA in this session. Be sure to cover all areas of **Multicultural Competence, Attending Behavior, and Open/Closed Questions.**
7. Write a reflection as to how well YOU thought you did. Be sure to identify personal strengths and weaknesses in your skills that you identified.

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Client Feedback Form**

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Comment on any Skills Related to Attending Behavior (ask them what they noticed about your behavior)

Comment on any Skills Related to Open and Closed Questions

Strengths

Possible things to Work On