

## **COUNSELING SESSION 2** **(Covering Lessons 5-6)**

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

- Client Observation Skills
- Encouraging
- Paraphrasing
- Summarizing

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 2 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. Review the DSM and select one major disabling condition. For your selected diagnosis, write an essay that outlines the etiology (causes), major behavioral indicators (diagnostic criteria), and progression (how these change over time) of the disorder.
2. In this question you are going to take a look at a client statement #1 listed below and provide key words, paraphrase, and summary.
3. In this question you are going to take a look at a client statement #2 listed below and provide key words, paraphrase, and summary.
4. Provide a brief summary of the feedback you received from your TA in this session. Be sure to cover all areas of **Client Observation Skills and Encouraging/Paraphrasing/Summarizing**.
5. 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.

Example 1:

*Chen and I have separated. I couldn't take his drinking any longer. It was great when we was sober, but it wasn't that often he was. Yet that leaves me alone. I don't know what I'm going to do about money, the kids, or even where to start looking for work.*

- Write three different types of key-word encouragers for this client statement
- Write a paraphrase that includes a check for accuracy
- Write a summary

Example 2:

*And in addition to all that, we worry about having a child. We've been trying for months now, but with no luck. We're thinking about going to a doctor, but we don't have medical insurance.*

- Write three different types of key-word encouragers for this client statement
- Write a paraphrase that includes a check for accuracy
- Write a summary

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(Covering Lessons 5-6)  
Client Feedback Form**

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Comment on any Skills Related to Client Observation Skills

Comment on any Skills Related to Encouraging, Paraphrasing, and Summarizing

Strengths

Possible things to Work On