

Counseling Session 3 (Covering Lessons 7-8)

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

- Reflection of Feeling
- Five Stage Interview Process

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 3 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 paragraph that contrasts paraphrasing with reflecting feeling
2. Why do we explore feelings as a primary function of the counseling process?
3. In this question you will write a lengthy essay which covers the "Case Study" presented below. Be sure to address ALL of the questions in your essay.
4. Provide a brief summary of the feedback you received from your TA in this session. Be sure to cover all areas of **Reflection of Feeling** and the **Five Stage Interview Process**.
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.

Case Study

Jessica is a graduate student in biomedical science. She presented with concerns about her two-year marriage. After a stressful move from another city, she began graduate school, and soon she and her husband began having many arguments. Recently, her husband yelled at her in her face and pointed his finger at her nose. Jessica said this type of behavior (yelling and pointing a finger) was particularly difficult because that's what her father and her brother used to do to her. Jessica felt depressed, lost her appetite, and started having nightmares.

Jessica thought that she had moved on from her past when she got married and left her family. She wondered whether she had married someone like her father or her brother. Jessica noticed that she felt withdrawn from the relationship--even to the point of wanting to get away and hide somewhere. Jessica also said that she was not able to tell her husband how she felt.

Answer the following questions related to this case study in Question 3 above:

1. What is the presenting problem?
2. Is there a crisis or immediate concern to address (suicidality, harm/safety, etc)? Justify your answer.
3. What questions could you ask about her marriage and her family history in relation to her presenting concerns? (Consider diversity/cultural issues and legal/ethical issues)
4. Diagnose this situation and formulate a "treatment plan" as to how you might go about helping Jessica. (Consider the presenting problem and its intensity, frequency, and duration. Consider types of services that you might refer Jessica to)

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Client Feedback Form**

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Comment on any Skills Related to Reflection of Feeling

Comment on any Skills Related to Five Stage Interviewing Process

Strengths

Possible things to Work On