

Counseling Session 4 (Covering Lessons 9-10)

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

- Confrontation
- Focusing

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 4 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. Based on the descriptions of Conflict Style in the Thomas-Killman model, describe a scenario in which you clearly used a particular style. Within your description be sure to identify your style and be explicit as to which behaviors of yours were in this style.
2. Based on your results of the Myers-Briggs, reflect on your personal preferences as to being Thinking vs. Feeling and being Perceiving vs. Judging. Use personal social experiences AND your future as a Mental Health worker as the basis of your answer.
3. Many of our clients wish to stop taking their medications. If a client of yours was insisting on stopping his medications write a statement that you might say to them that explains the important role that medications play in mental health treatment and the possible implications of refusing to take them. Be sure that your essay reflects a choice-based, client-centered, psychosocial approach!
4. Provide an example as to how counseling might have an "Environmental Focus"
5. Provide a brief summary of the feedback you received from your TA in this session. Be sure to cover all areas of **Confrontation** and **Focusing**.
6. 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 Confronting

Comment on any Skills Related to Focusing

Strengths

Possible things to Work On