

Counseling Session 5 (Covering Lessons 11-13)

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

- Reflection of Meaning
- Influencing Skills

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 5 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. Define Reflection of Meaning and describe its potential value to the interview
2. Consider the six influencing skills associated with Lesson 12 and answer this question covering the information listed in the box below.
3. Provide a brief summary of the feedback you received from your TA in this session. Be sure to cover all areas of **Reflection of Meaning** and **Influencing Skills**.
4. 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.

Influencing Skills from Lesson 12:

- Interpretation and reframing
- Logical consequences
- Self disclosure
- Feedback
- Information / Advice / Opinion / Instruction / Suggestion
- Directives

Identify one that you consider you may have a particular problem or struggle using and answer the following questions.

1. Which skill are you going to be discussing here?
2. What is it about this skill that is particularly challenging or do you think presents particular challenges?
3. In what ways does your personality impact your ability to use these skills?
4. What do you think you can do, in terms of personal growth, to better your chances of using this skill effectively

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Comment on any Skills Related to Reflection of Meaning

Comment on any Skills Related to the Therapeutic Use of Self to Influence

Strengths

Possible things to Work On