

Reflective essay -Counselling session

In this reflective essay I will provide an analysis of the counselling session I conducted and recorded. This will include a summary of the session. I will also describe the micro and advanced counselling skills utilised, as well as a critical evaluation of their effectiveness. A discussion of my application of these skills, as well as areas of possible improvement will be supported by reference to relevant literature.

Summary of the session.

Leesa is a 37-year-old woman who I have seen around four months previously. At the previous session Leesa spoke of her frustrations at work and of her hopes of securing a promotion. Leesa's presentation was one of lethargy consistent with someone who was suffering feelings of depression. I began the session by welcoming the client and reminding her of the confidentiality agreement. Leesa had previously worked in the hospitality industry but explained that she had decided to terminate her employment after being overlooked for a promotion. She also explained that she had felt a lack of fairness and respect from her employer and fellow employees. Since leaving her position in hospitality Leesa had sought employment through an agency that provides office work opportunities. Leesa explained that she had had four different jobs in the past three months and that she was experiencing a similar feeling of being disrespected.

Leesa spoke of experiencing a lack of self-confidence at the moment and a feeling of being stuck as well as frustration and uncertainty around her future direction. However the client was able to identify that she would like to be more financially secure, feel respected at work and to achieve a greater sense of confidence. Leesa spoke of a time when she enjoyed her work and private life more, and was able to relate some of the key differences that contributed to her feeling more respected and confident in general. The client identified that she would like to seek alternative employment that allowed her to take on greater responsibility and that involved less travel. Leesa believed that her employment agency may be able to assist her, but admitted that she had not been discerning about the kinds of roles that she took recently due to her financial situation.

She also disclosed that she had been isolating due to her current state of mind. Accepting a homework challenge Leesa agreed to approach some friends to see if she could catch up with them at the next weekend. She also agreed to compile a list of the sorts of jobs that she felt she was qualified for and believed that she could achieve a greater feeling of responsibility and respect. Leesa said that she would approach her employment agency to see if they could help, and that she would bring her list to the next counseling session.

Counselling skills application.

Reflecting upon the counseling session it is clear that I utilised a range of conversational micro skills.

Reflective Essay On Counseling Session As Client

**John Sommers-Flanagan, Rita
Sommers-Flanagan**



Reflective Essay On Counseling Session As Client:

Foundations in Becoming a Professional Counselor Ana Puig, Jacqueline Swank, Latoya Haynes-Thoby, Derrick Paladino, 2022-10-05 Helps counselors in training develop their sense of identity as advocates and seekers of social justice Distinguished by a potent social justice and multicultural perspective this comprehensive introductory text for counselors in training delivers foundational concepts through the lens of advocacy and intersectionality This book emphasizes exploration of the individual and collective effect of local national and global social issues on clients and their communities and imparts real world experiences from authors and clinical experts who provide personal accounts of challenges and successes in their practices The text examines key evidence based counseling theories with an in depth focus on trauma informed counseling and prompts reflection and dialogue about critical issues in counselor development It introduces specific counseling micro skills techniques and modalities and describes the varied settings in which counselors can practice Engaging activities that foster self analysis and self actualization illuminate the path to becoming a professional counselor Chapters encompass several features that promote high level thinking and reinforce understanding of content These include reflection exercises that relate chapter content to individual counselor identity learning objectives at the beginning of each chapter Voices from the Field to bring counseling to life Call to Action features to help students put learning into action case studies Group Process activities and additional resources Abundant instructor activities include Instructor s Manual Test Bank PowerPoints and recorded video podcasts Key Features Addresses the foundations of counseling through the perspective of multiculturalism advocacy social justice and intersectionality Emphasizes understanding of the individual and collective effect of social issues on clients and their communities Includes recorded interviews with clinical experts and Voices from the Field Weaves the concept of trauma informed counseling throughout Covers such trending topics as telemental health the influence of climate change psychedelic assisted therapies and the effect of social media on counseling and neuroscience Offers engaging self actualization and reflection activities to enhance counselor training Each chapter includes learning objectives Call to Action features Think About This reflection exercises Group Process activities case studies and more Offers an abundant ancillaries package including Instructor s Manual Test Bank chapter PowerPoints and video podcasts

Essential Interviewing and Counseling Skills, Second Edition Tracy Prout, Melanie Wadkins, Tatianna Kufferath-Lin, 2021-08-11 The only comprehensive interviewing and counseling text grounded in a strong multi theoretical foundation Structured around CACREP standards Essential Interviewing and Counseling Skills Second Edition uniquely encompasses both theory and practice from the perspectives of a diverse array of theoretical schools and practice strategies While continuing to disseminate counseling fundamentals the second edition focuses extensively on the acquisition of robust interviewing and counseling skills including special preparation for the initial assessment and counseling session It is also distinguished by its integration of cognitive behavioral and psychodynamic therapy approaches Throughout the text

emphasizes the importance of multicultural humility and a multicultural orientation to counseling including challenging students to examine their own backgrounds and biases This latest edition also addresses key aspects of telehealth that have come to the fore during the COVID pandemic The use of case examples throughout highlights multiple theoretical approaches and illustrates how to integrate a wide range of perspectives With an emphasis on counseling clients from diverse cultural backgrounds each chapter focuses on strategies for working with varied populations with an emphasis on intersectionality The authors consider many forms of diversity including race ethnicity immigration and country of origin along with age gender sexual orientation religion language and physical and cognitive abilities Purchase includes digital access for use on most mobile devices or computers Updates to the instructor s resources include an Instructor s Manual Power Points and a new test bank New to the Second Edition Includes a new chapter on Theoretical Integration of Approaches in Counseling New discussions on how to successfully use telehealth for interviewing and counseling Includes Hot off the Press boxes highlighting cutting edge research to inform strategies for counseling and professional development The entire text has been updated with the latest research and clinical references Key Features Includes an emphasis on multicultural competence and humility throughout the text and features a Spotlight on Culture focusing on specific cultural considerations in each chapter Provides a balanced integrated theoretical and practical approach to interviewing and counseling with a focus on skills development Discusses evidence based practice assessment diagnosis and when how to end treatment Teaches the fundamental skills of empathy active listening treatment planning and developing a strong therapeutic alliance with the client *Essential Interviewing and Counseling Skills* Tracy Prout,Melanie Wadkins,2014-03-27 This is the only comprehensive text to focus on the development of practical interviewing and counseling skills for master s level mental health counseling students It is structured around the goals established by the CACREP s 2009 document on standards for MHC programs and uniquely encompasses both theory and practice from the perspectives of a diverse array of theoretical schools and practice strategies The benefits of integrating complementary therapy approaches according to the needs of the client and the importance of multicultural considerations in interviewing and counseling are consistent themes throughout The book s hands on guidance regarding interviewing and counseling skills along with its embrace of different therapeutic modalities will enable students to learn how to provide care to clients that is tailored to their specific needs Each chapter includes a highlighted section that draws students attention to topics related to diversity and strategies for working with clients from a variety of populations Issues related to race ethnicity immigration and country of origin are highlighted along with age gender sexual orientation religion language and physical and cognitive abilities The use of case examples from multiple theoretical orientations offers a realistic view of what actually occurs in a consulting room The book also addresses working with clients who have serious emotional or psychological difficulties and covers evidenced based practice assessment and diagnosis and when and how to terminate treatment An instructor s guide and PowerPoint slides are also

included Key Features Provides a balanced integrated theoretical and practical approach to interviewing and counseling with a focus on skills development Teaches the fundamental skills of empathy active listening treatment planning and developing a strong therapeutic alliance Includes Spotlight on Culture sections with case studies to emphasize how diversity informs sensitive and effective psychotherapy Provides exercises to help students discover their own blind spots in regard to diversity Offers a realistic window into the profession through numerous case examples

Counseling and Psychotherapy Theories in Context and Practice Study Guide John Sommers-Flanagan,Rita Sommers-Flanagan,2012-05-01 EXPAND AND REINFORCE YOUR UNDERSTANDING OF COUNSELING AND PSYCHOTHERAPY THEORIES This supplementary resource to Counseling and Psychotherapy Theories in Context and Practice Second Edition will further deepen your understanding of three key components of counseling and psychotherapy theory and practice self awareness knowledge and application and skill development This Study Guide offers A pre test and post test in each chapter that will orient you to key theoretical principles and evaluate how well those principles fit with your values and beliefs An opening and closing professional development essay written by a student practitioner or faculty member who is active within the counseling or psychology professions Multiple choice practice tests for each chapter to reinforce important theories and concepts A comprehensive short answer question review for each chapter Practice activities designed to help students experience and practice implementation of each theory Critical reflections on each theory Crossword puzzles to keep learning fun A glossary of key terms for each chapter Instructor Site www.wiley.com/go/counselingtheories Student Resource Site www.wiley.com/go/counselingtheories

Counseling and Psychotherapy David Capuzzi,Mark D. Stauffer,2016-03-24 Featuring important theories and trends not covered in other foundational texts this book is designed to equip the next generation of counselors with the tools they need for understanding the core dimensions of the helping relationship Topical experts provide contemporary information and insight on the following theories psychoanalytic Jungian Adlerian existential person centered Gestalt cognitive behavior dialectical behavior rational emotive behavior reality therapy choice theory family feminist transpersonal and new to this edition solution focused and narrative therapies as well as creative approaches to counseling Each theory is discussed from the perspective of historical background human nature major constructs applications the change process traditional and brief intervention strategies cross cultural considerations and limitations The use of a consistent case study across chapters reinforces the differences between theories Requests for digital versions from ACA can be found on www.wiley.com To purchase print copies please visit the ACA website Reproduction requests for material from books published by ACA should be directed to permissions.counseling.org

Teaching Psychology around the World (Volume 4) Alfredo Padilla-López,Grant J. Rich,Luciana Karine de Souza,2018-10-19 This book provides a one volume overview of psychology s globalization and will serve as a handbook for psychology professors around the globe wanting to internationalize and diversify their courses and curricula and seeking innovative ideas to enrich their teaching Topics covered include practical tips to diversify specific

courses such as abnormal psychology lifespan development and psychotherapy and innovative methods of assessment of student learning Additionally a number of chapters focus on describing the training of psychologists and the history and future of psychology education in various nations and regions Co edited by six distinguished international academics the thirty three chapters represent each major geographic region around the world with authors based in nations in Africa Asia Australia Europe Latin America and North America Instructors of cross cultural cultural and international psychology and of multicultural education will be especially interested in the book as will program evaluators policy makers and university administrators

Handbook of Counselor Preparation Karen Eriksen, 2011-12 Published in cooperation with the Association for Counselor Education and Supervision ACES

The Heart of Counseling Jeff L. Cochran, Nancy H. Cochran, 2020-08-11 Now in its third edition *The Heart of Counseling* is a key resource helping students to understand the importance of therapeutic relationships and to develop the qualities that make the therapeutic relationships they build with clients the foundation of healing In these pages students will learn how all skills arise from and are directly related to the counselor's development and how they build therapeutic relationships Student learning ranges from therapeutic listening and empathy to structuring sessions from explaining counseling to clients and caregivers to providing wrap around services and ultimately to experiencing therapeutic relationships as the foundation of professional and personal growth Enhancing development with extensive online student and instructor materials this new edition includes extensive case studies and discussions on applying skills in school and agency settings specific guidance on how to translate the abstract concepts of therapeutic relationships into concrete skill sets exploration of counseling theories and tasks within and extending from core counseling skills session videos that bring each chapter to life test banks an instructor's guide slides and lesson notes syllabus and video sessions index

The Oxford Handbook of Genetic Counseling Deem, Michael J. Deem, 2025-09-23 Genetic counseling is one of the fastest growing fields across clinical care medical research and health related industries *The Oxford Handbook of Genetic Counseling* is a comprehensive and authoritative handbook for the field of genetic counseling The volume presents thirty six chapters covering perennial and emerging issues in genetic counseling reflecting the field's history inter professional impact in healthcare and global expansion Bringing together an international and interdisciplinary team of authors with expertise and experience in genetic counseling practice and research genetic and genomic research ethics and political theory and healthcare practice the volume provides scholarly chapters covering clinical practice research industry genetic genomic testing ethical and social issues as well as the field's historical development globalization and future directions Authors include genetic counselors clinical geneticists medical researchers bioethicists legal and policy experts and other healthcare professionals *The Oxford Handbook of Genetic Counseling* is an invaluable resource for genetic counselors genetic counseling students and faculty and bioethicists Given its scope and diversity of topics it is also an important resource for clinical faculty health researchers and healthcare providers who are increasingly encountering

genetics and genomics in their respective fields **Current Index to Journals in Education** ,2000 *Resources in Education* ,1990 **Correctional Counseling, Treatment, and Rehabilitation** Robert D. Hanser,2023-12-01 Written for the undergraduate and graduate future practitioner Correctional Counseling Treatment and Rehabilitation will provide an overview of how counseling exists within the correctional environment both in institutional settings and community based settings Author Robert D Hanser recognized for both scholarship and practice in correctional mental health treatment uniquely positions this text to offer a real world practitioner focused approach to the topic Correctional Counseling Treatment and Rehabilitation approaches the reader with the presumption that there is a basic understanding of issues in corrections however there is not any true exposure to offender treatment Explaining the techniques and processes that are utilized in the actual treatment process this text will equip all future correctional practitioners with an understanding of basic concepts within correctional counseling and treatment that are up to date and relevant to the world of practitioners With a hands on approach this new text will guide students through how to apply this material throughout **Christians Who Counsel** Ray S. Anderson,2010-11-01 How does one view Christian counseling as a calling What is the role and task of the counselor from a theological perspective How does one strip away the ambiguity that is too often inherent in the words therapy and counseling in a religious setting Ray S Anderson has written this book as a theologian with a keen interest in helping Christian counselors fulfill their task more effectively by enabling them to see that task more clearly Too often even counselors who achieve effective results are beset by what Anderson calls an uneasy conscience the realization that for some reason a little transactional analysis once a week works better than a month of Sundays in curing the souls of troubled parishioners This book seeks to put that uneasiness and ambiguity to rest by helping counselors see their work as a means of grace rooted in a model of personhood that is both theologically and psychologically sound for realizing the full potential of each person Christians Who Counsel has three parts involving building a foundation for Christian counseling exploring the spiritual dynamics in counseling and describing counseling in a distinctly Christian mode Written without either theological or psychological jargon this book is for all Christians who counsel whether pastors lay counselors psychotherapists or family therapists With clarity of vision comes the power of a renewed commitment **Career Counseling** Vernon G. Zunker,2002 This highly successful book has been called the most comprehensive book on the market providing readers with needed career theory as well as practical techniques and examples Through the author's clear writing style case examples tables and exercises readers develop a solid understanding of the theoretical models of career counseling and are thoroughly exposed to the practical information on how to effectively counsel clients about career issues **Spiritual Care in our Multifaith World** Daniel S. Schipani,2024-07-16 Across the helping professions and as a compassionate response to human suffering spiritual care is a special process of companioning Furthermore all forms of spiritual care always consist in connecting diverse wisdom traditions with care receivers spiritual resources longings and struggles in socio cultural and contextually

pertinent ways This book thoroughly explicates such understanding with interdisciplinary lenses Its main purpose is to offer a comprehensive response to the new challenges and opportunities for excellent care presented by increasing cultural and religious spiritual pluralization Practical guidelines and case studies are connected with models of spirituality spiritual toxicity and injury communication strategies for engaging difference patterns of caregiving work and profiles of professional competence In addition to offering an overarching orientation to the field the contents of this book invite further reflection dialogue and collaboration among clinical pastoral education and psychospiritual therapy students and supervisors chaplains pastors and other religious caregivers counselors psychotherapists and others interested in spiritual care in our multifaith world It thus reflects the shared hope and indeed the expectation that spiritual care theory and practice across traditions and disciplines will continue to be enhanced in the days ahead Toward a Christian Clinical Psychology Louis

Hoffman,2015-10-01 I have known Professor Newton Malony for more than forty years I have great respect for the way his mind works and the wise positions he takes He is at once stimulating and creative historically thorough and futuristically insightful I highly recommend any encounter with substantive material from his mind and pen Neil Clark Warren Founder and Chairman eHarmony com former dean School of Psychology Fuller Theological Seminary Newton Malony is an internationally recognized pioneer in the application of religious principles to clinical practice and research He is capable like few others of bridging professional differences and arriving at reasonable conclusions Allen E Bergin Professor of Psychology retired coauthor *Spiritual Strategy for Counseling and Psychotherapy* For Newton Malony psychology exists in the service of religion With the histories of the Christian church and psychology as his backdrop Malony holds fast to his religious values throughout this book making a case for the relevance of Christianity to a broad range of issues in clinical psychology Gordon Nagayama Hall Professor of Psychology University of Oregon author *Multicultural Psychology* Newton Malony was a major force in reinventing the psychology of religion during the second half of the twentieth century This book highlights his contribution to clinical psychology in Christian context Malony s ideas go a long distance and this book is a wonderful collection and culmination of them Raymond F Paloutzian editor *International Journal for the Psychology of Religion* coeditor *Handbook of the Psychology of Religion and Spirituality* This excellent collection of Malony s contributions to the integration of Christian faith and clinical psychology provides a rich and indispensable resource for scholars and students interested in psychology and the religious quest Writing over many years about complex matters of emotional health and spiritual life he has given us a gift that is accessible enjoyable and deeply relevant Winston E Gooden dean School of Psychology Fuller Theological Seminary What a treat it is to recommend this really solid collection that represents more than four decades of creative engagement with key issues in applied and professional psychology effective ministry in the context of the local church and some really fascinating musings by a senior spokesperson in the field Richard Butman Professor of Psychology Wheaton College coeditor *Modern Psychotherapies A Christian Appraisal* **A Case Approach to Counseling**

and Psychotherapy Gerald Corey,2000-03 **The SAGE Encyclopedia of Marriage, Family, and Couples Counseling** Jon Carlson,Shannon B. Dermer,2016-10-11 The SAGE Encyclopedia of Marriage Family and Couples Counseling is a new all encompassing landmark work for researchers seeking to broaden their knowledge of this vast and diffuse field Marriage and family counseling programs are established at institutions worldwide yet there is no current work focused specifically on family therapy While other works have discussed various methodologies cases niche aspects of the field and some broader views of counseling in general this authoritative Encyclopedia provides readers with a fully comprehensive and accessible reference to aid in understanding the full scope and diversity of theories approaches and techniques and how they address various life events within the unique dynamics of families couples and related interpersonal relationships Key topics include Assessment Communication Coping Diversity Interventions and Techniques Life Events Transitions Sexuality Work Life Issues and more Key features include More than 500 signed articles written by key figures in the field span four comprehensive volumes Front matter includes a Reader s Guide that groups related entries thematically Back matter includes a history of the development of the field a Resource Guide to key associations websites and journals a selected Bibliography of classic publications and a detailed Index All entries conclude with Further Readings and Cross References to related entries to aid the reader in their research journey *Intentional Interviewing and Counseling* Allen E. Ivey,1983

What Is Spiritual Care? Pamela Cooper-White,Claudia Kohli Reichenbach,Emmanuel Y. Lartey,2025-05-15 What is spiritual care Much has been assumed as an answer to this question within particular professional and religious silos The contributors to this volume offer fresh answers from perspectives of different caregiving professions medicine nursing public health psychology pastoral care and pastoral theology different religious traditions Islam Judaism Christianity and Buddhism and different cultural contexts Certain red threads become apparent the importance of deep listening openness to difference willingness to recognize the importance of spiritual care as practiced in different professions and religions respect for the inherent dignity of every person and support for each individual s unique spiritual journey At the same time the diversity of voices makes clear both by juxtaposition and argumentation that the hegemony of a mid twentieth century white American Protestant tradition of pastoral care is being reevaluated contested expanded and even decolonized as voices formerly from the margins are being brought to the center and the spiritual needs of persons from many different traditions and locations are increasingly being met on their own terms The cumulative impact of this work emphasizes that spiritual care is finally inseparable from larger efforts toward justice and peacemaking This is an invaluable resource for healthcare providers chaplains and pastoral professionals

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