

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

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



Reflective Essay On Counseling Session:

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

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

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

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 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

Restorative Justice in Legal Systems, Education and the Community Dr. Sandra Pavelka,Anne Seymour,2024-08-21 Restorative justice realized in states and communities across the world is viewed as an innovative framework and growing global social movement providing a foundation for fairness and accountability in laws policies and practices Its application is

integrated in legal systems educational settings and the workplace among others A wide range of expert voices in the restorative justice field come together in this book culminating in an insightful and critical assessment of restorative justice With authors from around the globe the international application of restorative justice is evidenced with case studies and examples of the impact of restorative practices and various models Relational practice its implementation its effects and its potential to grow is at the heart of each of the chapters thoughtfully arranged to guide the reader through the journey of restorative justice in education to legal systems youth offender programmes and the communities for whom restorative justice is integral

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

Critical Care Manual of Clinical Procedures and Competencies Jane Mallett, John Albarran, Annette Richardson, 2013-05-15 This manual is aimed at all healthcare practitioners from novice to expert who care for the critically ill patient recognising that different disciplines contribute to the provision of effective care and that essential knowledge and skills are shared by all practitioners It provides evidence based guidelines on core critical care procedures and includes a comprehensive competency framework and specific competencies to enable practitioners to assess their abilities and expertise Each chapter provides a comprehensive overview beginning with basic principles and progressing to more complex ideas to support practitioners to develop their knowledge skills and competencies in critical care

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

Counseling and Psychotherapy Theories in Context and Practice John Sommers-Flanagan,Rita Sommers-Flanagan,2018-03-23 Get to know the origins development and key figures of each major counseling theory This comprehensive text covers all the major theories in counseling and psychotherapy along with an emphasis on how to use these theoretical models in clinical practice The authors cover the history key figures research base multicultural implications and practical applications of the following theoretical perspectives Psychoanalytic Individual Adlerian Existential Gestalt Person Centered Behavioral Cognitive Behavioral Choice Theory Reality Therapy Feminist Constructive Family Systems Multicultural and Eclectic Integrative This text has case examples that bring each theory to life The entire book has been updated with the latest research and techniques Pedagogical features include learner objectives Putting It in Practice boxes questions for reflection case examples and treatment planning and chapter summaries Every theory is examined from cultural gender sexual and spiritual perspectives The instructor supplement package includes a Respondus test bank chapter outlines supplemental lecture ideas classroom activities and PowerPoint slides Video demonstrations corresponding to every major theory and linked to each chapter s contents In addition a WPLS course will be available after publication Expanded video elements closely tied to sections of the text New visuals including graphics charts and tables to facilitate student understanding of theories and how they relate to one another Increased coverage of multicultural and ethical issues in every chapter Cultural gender sexuality and spiritual issues are integrated into every chapter The Sommers Flanagan s hands on practical approach emphasizes how students and practitioners can apply these theories in real world practice Students are empowered to develop theoretically sound and evidence based approaches to conducting counseling and psychotherapy

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 Premed Playbook Guide to the Medical School Application Process* Ryan Gray,2021-05-25 An excellent resource for applicants James Scott Wright EdD former Director of Admissions UT Southwestern Medical School The Premed Playbook Guide to the Medical School Application is the ultimate resource for the 60 000 students applying to medical school every year in the US with in depth explanations and information to help you build the strongest application you can This detailed comprehensive companion covers topics including The Application Timeline MCATs GPAs and Transcripts Early Decision Programs Personal Statements Disadvantaged Status Essays Letters of Recommendation School Lists Secondary Applications Situational Judgment Tests Interviews Waitlists Rejections and Reapplying and more Wonderfully thorough and comprehensive a very thoughtful and methodical approach to the medical school application Gregory M Polites Chair Central Subcommittee on Admissions Washington University School of Medicine **Culturally Responsive Counselor Education** Sherritta Hughes,2025-10-14 Learn to teach counselor preparation curricula using culturally responsive methods contemporary pedagogy and diverse scholarly materials This textbook highlights the importance of equipping counselor education faculty with skills to teach diverse student populations using culturally responsive and contemporary pedagogical methods This resource emphasizes the role of cultural awareness in education advocating for equity and inclusion by integrating diverse learning materials and instructional strategies Research and professional organizations such as the Association for Counselor Education and Supervision and the American Counseling Association support tailoring counseling curricula to address students unique needs fostering cultural competence and humility The standards for the Council for Accreditation of Counseling and Related Educational Programs further reinforce the need for diverse teaching strategies to prepare future counselors for an evolving profession Key Features Covers cultural responsiveness AI integration and modern pedagogical strategies for Counselor Education and Supervision CES curriculum reform Prepares CES faculty to foster inclusive classrooms and meet the needs of diverse counseling students Includes reflection questions sample syllabi assignments and rubrics to apply theory to real teaching Written by an experienced CES leader and former association president with a passion for equity and faculty development **Handbook of Counselor Preparation** Garrett McAuliffe, Karen Eriksen,2011 This definitive single volume guide is the first of its kind on teaching and developing counselor educator programs that embrace constructivist and developmental theory Leading scholars and experts offer practical advice on teaching courses in every area of counseling practice As a result the book is ideal for current and future counselor educators and supervisors as well as faculty in other helping professions The authors seek to inspire educators to empower and involve to risk losing control over subject matter to hear student voices to pose dilemmas and to challenge their own assumptions in

the presence of their students using constructivist developmental and experiential thinking and strategies **Current Index to Journals in Education** ,2000 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 A Case Approach to Counseling and Psychotherapy Gerald Corey,2000-03 **CCCO News Notes**

Central Committee for Conscientious Objectors,1969 Incorporating Engaged Research in Social Development Wassie Kebede,Alice K. Butterfield,2021-04-26 In a wide ranging presentation derived from teaching experiences and research projects seasoned professors Wassie Kebede and Alice Buttereld examine engaged research that links social work human services and social development with the intent of instigating action for social change Drs Kebede and Buttereld begin by introducing others to an overview of engaged research and models of social change and then examine development issues in Ethiopia in view of engaged research After offering their context of engaged research as a prototype for extrapolating development policies that can be studied compared and contrasted with those in other countries Kebede and Buttereld present the results from the engaged research of former PhD students now faculty at various universities in Ethiopia The book provides a glimpse into the professors own experiences and an emphasis on the importance of involving faculty and students in engaged research through coursework Incorporating Engaged Research in Social Development is a comprehensive study that offers academic insight and research results in order to promote social development and change Readers are encouraged to use this book for teaching and implementing engaged research in higher education Guidelines for teaching undergraduate and graduate courses are included Contemporary School Counseling Christopher A. Sink,2005 This text reviews the principle roles and functions of a contemporary school counselor as defined by the American School Counselor Association Back cover For graduate students in counselor education programs desiring to be K 12 school counselors the text provides not only the baseline knowledge needed for subsequent counseling courses but also information useful on the job In addition for those readers exploring the profession for the first time the introductory material presented should help them make a better decision as to whether school counseling is the right plan of action This book will be helpful

if your goal is to obtain an overview of the contemporary world of K 12 school counseling Foreword

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