

Reflective essay -Counselling session

9 pages | 2119 words

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 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 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 grater 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.

Attending Behaviour Hackney & Cormier (2009) & McLeod (2007), explain that a counsellor leads by following the client, which is done by encouraging the...

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**Ana Puig, Jacqueline Swank, Latoya
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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

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Essential Interviewing and Counseling Skills Tracy A. Prout, Tracy Prout, PhD, Melanie Wadkins, PhD, 2014-03-27 Print CourseSmart

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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

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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

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 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

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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

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