

A Possible Method for Analyzing My Roles as Client, Counselor, & Observer

My Goals as a Client	Questions to Myself
<ol style="list-style-type: none"> 1. To deal with real issues that have significance for me. 2. Can I risk myself—with my counselor—with others? 3. Can I trust someone else? 4. Can I be nondefensive? 5. To examine disowned or incongruent parts of myself? 	<ol style="list-style-type: none"> 1. Do I avoid real or deeper issues? How come? How do I avoid? 2. What do I need from myself in order to risk from others? 3. What do I need to feel trust for another? 4. How do I defend myself? When do I defend myself? Is it avoidance or perceived threat? 5. Am I open to experiencing this and willing to deal with my conflicting feelings and thoughts?
My Goals as a Counselor	Questions to Myself
<ol style="list-style-type: none"> 1. To establish a relationship of trust, caring, and respect with the client. 2. To help the client reach deeper levels of feeling and understanding of self. 3. To be concrete and clear; to provide direction for client and for self. 4. To use questions to stimulate thought—not as a question/answer pattern of interaction. 5. To give the client feedback useful in stimulating positive behavior change. 6. To identify themes of patterns in client's expressions. 	<ol style="list-style-type: none"> 1. How do I show, by my actions, that I am someone to be trusted? What is it about the way that I am that conveys that I respect my client and care for her/him? 2. What specific things can I do to help the client (e.g., reflect feelings, help client clarify, provide a model for the client, show my understanding by my empathic responses, etc.)? What in my own experience helps me to relate to what the client is expressing? 3. How can the vague and abstract be made clearer? Can the client provide a behavioral description of what s/he means by "depressed?" Can I specify what I need for clarity? 4. How do I use open-ended questions to move that client to a deeper exploration of issues? What kinds of questions do I use? 5. What kinds of feedback will reach the goal? Do I focus on both strengths and weaknesses of the client? 6. What patterns do I recognize in what clients say en toto? How do I identify a theme and convey this to a client? Can I get the client to identify his/her own themes?

7. To summarize a focus, what has (is) occurred in a counseling session.

7. How do I give more direction to a session? How and why do I summarize or get the client to summarize?

My Goals as an Observer

Questions to Myself

1. To focus feedback on behavior rather than the person.
2. To describe rather than make judgment or inferences.
3. Share ideas and information, not give advice.
4. Give the amount of feedback one can incorporate; do not overwhelm counselor with too much to handle at one time.

1. What did I observe the counselor or client **do** that would be useful to point out?
2. What kinds of questions or statements do I formulate to get the counselor to look at a situation, rather than myself as doing it **for** them?
3. How do I allow the counselor to decide for self what to do, rather than suggest a particular method or strategy?
4. How do I synthesize and present only the most salient, useful and constructive feedback which will allow counselor to focus and practice?