Individual Counseling and Therapy Skills and Techniques 3rd edition Chen Solutions Manual

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2. The Book

Below, we first explain the concept of the book that is the basis for the course. Then, we discuss the intended audience for the book. In Section 2.3, the structure of the book is explained in terms of its chapters and additional elements.

2.1. Concept of the Book

The *Individual Counseling Skills and Techniques, 3rd Edition* book provides a view on Counselor Education that is different from views found in other text books on individual counseling skills and techniques. These differences are:

1. An infusion of techniques for a diverse population. This infusion is found throughout the text with an emphasis on Special Needs Populations and Multicultural Population in two separate chapters.
2. This book stresses the need for experiential activities to learn the material. Reading material and hearing lectures can only go so far in teaching these skills: the skills must be practiced, first on peers and later on clients from outside the class.
3. The text weaves together the Stages of Counseling and Levels of Skills Development appropriate for each stage.
4. This text meets the requirements and standards of CACREP, the Council for Counseling and Related Educational Programs.

The objectives of this book are as follows:

1. To present information and exercises so that students achieve a functional level of clinical competence in using individual counseling skills. This mastery of clinical skills prepares the students to help clients develop an emotional vocabulary so that the clients may better understand themselves and communicate more effectively with others. The mastery of clinical skills also prepares students for the practicum and internship settings.
2. To offer information for students to develop a basic competence in the skill of conceptualizing client data and problems. This text provides information on how to work with clients by gathering relevant information, forming and testing working hypotheses, and formulating an appropriate intervention strategy. The book helps student counselors to learn how to present information to their clients in a nonthreatening, nonpathologizing way.
3. This text helps to develop the "person of the therapist". The text encourages the student counselors to engage in productive self-exploration and self-reflection on personal

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beliefs, values, and feelings through weekly journaling, through the role of a client for peer counseling, and through suggestions on counselor self-care.

The book focuses on the several competencies in the categories of Knowledge Competencies Skills Competencies, Self-Awareness, and Self-Reflection. Specifically, these competencies are:

Knowledge Competencies

The student will demonstrate understanding of the following:

a. The roles of the counselor and of the client in the counseling situations;
b. The stages of counseling as defined by a representative counseling model;
c. The characteristics of the effective counselor;
d. The factors that contribute to therapeutic change;
e. Situations that entail referral to other mental health professions;
f. Ethics in the counseling process;
g. Body language and nonverbal cues;

Skill Competencies

The student will demonstrate the ability to use the following skills:

a. Attending behavior
b. Refection of meaning
c. Reflection of feelings
d. Paraphrasing
e. Concreteness
f. Probing
g. Summarizing
h. Focusing
i. Perception checking
j. Advanced empathy
k. Confrontation
l. Immediacy (here and now)
m. Use of silence
n. Nonverbal language
o. Feedback giving
p. Opening and termination skills
q. Conceptualizing clients; presenting problems and unspoken rules of coping patterns.
r. Giving and receiving feedback
s. Immediacy

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Self-Awareness and Self-Supervision Competencies

a. Self-reflection
b. Self-care
c. Life-long learning

2.2. Intended Audience

This book has been developed primarily to be used in M.A. programs for Counselor Education students. The book was written for students in School Counseling, Community and Family Counseling, Clinical Counseling, Rehabilitation Counseling, and Career Counseling. The book is also well suited for professional in the fields of Social Work, Pastoral Care, Hospice Care, Addictions Care, and other related fields.

To understand the book, only a basic level of prior knowledge in Counseling information is required. This makes the book equally suitable for those who have field experience as well as those who have academic backgrounds in the field.

2.3. Structure of the Book

The first three chapters detail the conceptual framework for the remainder of the book. This framework includes the theories of counseling that are incorporated in the text, the common therapeutic factors, counseling stages, response styles, and therapeutic language.

After these foundational chapters, the next eight chapters deal with the basic skills needed for counseling. Chapter 4 covers Empathic Responding Skills. Chapters 5 and 6 are on Assessment and Intake of the client. Chapters 7 through 11 detail Basic and Advanced Skills leading to client.

Finally, Chapters 12 and 13 expand on the counseling techniques and skills useful with populations of clients from diverse populations and persons with special needs. The 14th and final chapter transitions the reader into the world of work in which the counselor will be practicing. To get the most benefit from the approach of this book, the reader can best study the chapters in the sequence in which they are organized. Each chapter builds on the next and the intent of the writers is that they be read in the order presented.

In addition, some chapters such as Chapter 4 on Empathic Responding Skills may be used as workshop presentations in settings where good interpersonal skills are necessary such as in the medical field. Several chapters may be used as workshop presentations for Continuing Education for Mental Health Professionals.

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2.3.1. Additional Elements in the Book

Apart from the main text, the book contains additional elements to help students process and use the knowledge in it:

1. Each chapter of the book starts with an outline of the topic covered within.
2. A set of questions and exercises that apply the knowledge obtained from the chapter is provided in each chapter. These questions may be discussed in class or assigned as outside work.
3. To enable the book to be used as a reference guide as well as a textbook, an extensive index is included, providing easy access to the discussion and illustration of major concepts.
4. Figures within the book illustrate many of the concepts of case conceptualization. The figures build upon each other as the principles of case conceptualization are expanded.
5. The website for this book contains a test bank of 10 multiple choice questions for each chapter, a Power Point for teaching each chapter, and a Teacher's Guide.

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Individual Counseling: Skills and Techniques, 3rd Edition

Mei-whei Chen and Nan Giblin

Chapter 02

Common Therapeutic Factors

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Chapter Topics

- Common Therapeutic Factors
- The **Real** Engine of Change: The Client
- The Relationship That Heals
- Two Common Therapeutic Factors

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Chapter Topics

- The Therapist Factors
- Treatment Factors
- Our Craft: The Skills and Techniques
- Your "Self As the Most Important Instrument"

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Common Therapeutic Factors

- No approach more successful than others
- Client is the hero and the greatest healer of herself
- It is the therapeutic relationship that is 30% responsible for positive change
- Specific technical procedures are 15% responsible for positive change (Asay and Lambert, 1999)

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The Real Agent of Change: The Client

- Client motivation
- Client level of functioning
- Client resources
- Client active involvement in therapy

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It Is the Relationship That Heals

- Strong therapist communication with client leads to
  - Client attachment to therapist
  - Client's sense of safety in therapy
- Selfless focus on client
- Ethics as the highest standard of care

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Two Common Therapeutic Factors

- ***Hope*** that things will be better
- ***Expectancy*** that therapy will help

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The Therapist Factors

- Similar gender and/or ethnicity is not a major factor in client success
- Similar values, life experiences, and lifestyles are positive factors
- Emotional and physical well-being of the therapist is very important

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The Therapist Factors

- Perception of a “good match”
- Additional helpful for the therapist:
  - Counselor’s self-disclosure for the purpose of increasing transparency can increase trust
  - Years of experience
  - Competence level of therapist

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Treatment Factors

- Clients improve from sessions 1 to 26, then improve slows
- Dealing with the demands of managed care

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Our Craft: Skills and Techniques

- Skills and techniques don't stand alone
- For client success you also need genuine therapeutic encounters
- Skills clients learn when communicating with the therapist transfer to connecting with other people

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Your "Self as the Most Important Instrument"

- Skills and therapist become one as the instrument of change
- Self is the most important: feelings, intuition
- Best way to improve yourself is personal therapy

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Summary

- Common Therapeutic Factors
- The **Real** Engine of Change: The Client
- The Relationship That Heals
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Summary

- The Therapist Factors
- Treatment Factors
- Our Craft: The Skills and Techniques
- Your "Self" As the Most Important Instrument the Therapist Factors

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