

Download Health Counseling A Microskills Approach

I find that clients who are resistant or resentful respond very well to me when I listen and not ask too many questions. The questioning techniques (specifically the open questions) described in this article allow me to do this and I have observed that this approach tends to help the client drop their defences and begin to open up. Most therapists possess an innate desire to help others, and because of this emotional involvement, sometimes it can be challenging to convert the potential into practical results. "First impressions stick." "You never get a second chance to make a first impression." If there is any truth in these two popular notions, then anyone working with a helpee (e.g. a therapy client, a friend, a family member, etc.) within the context of providing mental health support should not underestimate the usefulness and importance of opening micro-skills.

GOALS & ACTIVITIES GOALS OF COUNSELING: Facilitating Behavior Change Theory and Practice of Counselling Social Sciences Psychology