

The background of the slide is a light gray gradient, decorated with several realistic water droplets of various sizes. The droplets are rendered with soft shadows and highlights, giving them a three-dimensional appearance. They are scattered across the page, with a higher concentration in the top-left and bottom-right corners.

**THE OFFICIAL NOTES WILL BE  
IN BLACK AND THE NOTES  
FROM CLASS DISCUSSION  
WILL BE IN BLUE**



# HELPING AS A PERSONAL JOURNEY

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COUNSELING 4080-003 ESSENTIALS OF HELPING  
RELATIONSHIPS

# REFLECTIVE PRACTITIONER

- WHAT IS A REFLECTIVE PRACTITIONER?
  - AWARENESS OF AUTOMATIC BIASES AND REACTIONS
  - ABILITY TO EXAMINE THESE BIASES REACTION
- YOU NEED THE ABILITY TO PUT YOURSELF IN ANOTHER PERSON'S SHOES
- IF YOU ARE STRESSED OR AGITATED BY YOUR CLIENT YOU MAY NOT BE HELPFUL TO THEM