

Date: September 30, 2014

CCR: COUN 4080-003

Class: Essentials of Helping Relationships

Instructor: Robin DuFresne

### Skills Training: Challenging

In lab you either have to give feedback or confront, paraphrase, reflection of feelings, reflection of meaning and summarizing

#### Challenging: Understanding

- move client forward in their process
- help them understand things that they cannot see
- meat and potatoes after you have a relationship

#### Challenging: When

- Are depressed and act like they are, but verbally state that they are happy
- Teenager acting out in school and getting bad grades and parents take away phone; and counselor has to point out that they are doing it to help them get better

#### Challenging: How-to

- Feedback: what you would say to your friends, but at a professional level.

#### Challenging-Feedback: Why

- Public Area: goal is to widen this and bring things out of the blind spot, hidden area, unknown area and bring into public
- Blind spot: don't want to deal with EX. person has an addiction and family knows about it
- Hidden area: things that you don't tell people
- Unknown Area: no one knows about it

#### Challenging-Feedback: How to

- Caution on more sensitive subjects: EX. they have a hard time making relationships and the reason is the client's fault

#### Challenging-Confrontation: Why

- Supplemental handout "cognitive distortions" is on blackboard

EX of feedback: Did you notice that you tend to dislike going to work when supervisors are around? Telling them something that they are unaware of. It is pointing out a pattern that they may not realize they are doing.

Did role play P.S remember my notes are in addition to Robin's notes on Blackboard