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CCR: COUN 4080-003

Class: Essentials of Helping Relationships

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Nuts and Bolts of Helping

Ways of Helping

- Physical - EX: help someone move, Habitat for Humanity, volunteer at food pantry
- Financial- EX: cosign loan, donate money
- Advocating- help them connect with resources
- Large scale advocacy- EX: advocate for your profession through legislation or find professional identity
- Spiritual- EX: take them to church or pray with them
- Psychologically- EX: counseling or social work

Therapeutic Building Blocks

- Encouragers
 - Door openers- EX looks like you are sleepy or is that a new shirt?
- Questions
 - Open: EX how are you feeling today? (they could give a variety of answers)
 - Closed: EX. Did you take your medication today? (it is a yes or no question)
- Reflecting skills
 - Reflecting content (paraphrase what they say)
- Advanced reflecting skills
 - Reflecting meaning EX when you say you sound like you had a rough day when breakfast didn't go as planned
 - Summarizing - happens when they tell long story and you want them to know you were listening
- Challenging Skills
 - Giving feedback- constructive criticism
 - Confrontation - do this when they are not doing anything to make their life better
- Change techniques
 - Giving advice- Robin doesn't do this because she doesn't want them to become dependent

Stages of Helping

- Goal setting (make them measurable)