

Substance Institute presents



Program

Module 2 Becoming A Counselor

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The Bridge
Empowering Firms

Counseling

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Introduction

Tyler Perry said “ It is not an easy journey, to get to apace where you forgive people. But it is such a powerful place, because it frees you.”¹

Most 89 % of clients deal with unforgiveness. This is the root problem with almost all of your clients you will meet with.

When dealing with clients you must be willing to put your own feelings, expectations, experiences behind you so that you can help your client with their own situation.

“A counselor needs therapy from another Counselor as well”. Dr. Althea Winifred.

Becoming a Counselor²

If you took a survive and asked 100 counselors, why they became a counselor they would say the same two words “Helping Others”. You are taking this Counseling course because you want to help others, help people manage their thoughts, feelings who are dealing with challenges, changes, and circumstances which they cannot handle on their own.

As a mental health counselor job your essential to help other is to rely on your behavioral therapies, their life experiences their ability to diagnose anxiety and depression, oppression, and other emotional disorders their clients have.

¹ Movie introduction verbiage on Netflix “Therapy”.

² <https://blog.time2track.com/how-i-became-a-mental-health-counselor-later-in-life>



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exist in a variety of settings, including schools, hospitals, vocational centers, mental health clinics and rehabilitation programs.

Counseling, therapy, and psychology are often stereotyped by society with misconceptions and stigma.

3 Characteristics of Counseling

Counseling is a process between a client and therapist to explore difficulties, learn to see things clearly, and facilitate positive change (Sexton, 1996).

The process is built on a relationship of trust, confidentiality, and mutual respect. The practice of counseling has roots in humanistic, behavioral, and cognitive traditions.

All of which are also seen and utilized in **positive psychology**³.

Positive psychology is the scientific study of positive experiences, states, and traits.

41. Gratitude Journal

It's probably one of the most well-known positive psychology interventions. The world's leading expert on gratitude, **Robert Emmons**, defines gratitude as: "*A felt sense of wonder, thankfulness, and appreciation for life.*"

People who are frequently grateful are:

³ <https://positivepsychology.com/positive-psychology-examples/>

⁴ <https://positivepsychology.com/positive-psychology-examples/>



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- Happier.
- More energetic.
- More hopeful.
- Experience more frequent positive emotions.

52. The Gratitude Visit

We encourage you to try it out for yourself, adding your own personal twist to it. After, reflect on:

- The impact the exercise had.
- How you felt while you were doing it.
- How you felt after the exercise and how long it lasted.
- How you are going to continue your gratitude practice.

63. Best Possible Self

Laura King found that participants who wrote about their visions for twenty minutes, four days in a row:

- Had immediate increases in positive moods.
- Were happier several weeks later.
- Reported being sick less often than participants who were asked to write about other topics.

Then imagine your life after everything has gone as well as it possibly could:

- What would you be doing?
- Where you would be living?
- How would your days look like?
- How would you feel?

74. Daily Strength Awareness

Use the table below to list:

⁵ <https://positivepsychology.com/positive-psychology-examples/>

⁶ <https://positivepsychology.com/positive-psychology-examples/>

⁷ <https://positivepsychology.com/positive-psychology-examples/>



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- Date.
- Brief description of the activity.
- What you experienced during the activity.
- How much you enjoyed the activity.
- The amount of energy the activity provided.
- The possible strength or strengths being used.

Date	Activity/Exercise	Experience/ Emotion	Enjoyment level (1-10 scale)	Energy level (1-10 scale)	Strength(s) used in activity

⁸5. Mindfulness Meditation

Mindfulness meditation is a focus on the present moment achieved through the directing of attention towards one's immediate experiences, thoughts, feelings, emotions, and sensations.

According to APA (**American Psychological Association**), the research on mindfulness has identified as benefits:

- Reduced rumination.
- Stress reduction.
- Increases in working memory.
- Increased ability to focus.
- Less emotional reactivity.
- More cognitive flexibility.
- Relationship satisfaction.

One of the most common forms of mindfulness meditation is the Body Scan. Below is a guided 5 Minute Body Scan to help you experience first-hand the benefits of mindfulness meditation -

<https://youtu.be/nA5AyqFs5kE>

⁸ <https://positivepsychology.com/positive-psychology-examples/>



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Another effective way to create behavior change is self-reevaluation. Examining a client's core beliefs with this **core belief worksheet** is an excellent way to begin self-reevaluation. This is a core belief for you as a counselor to do as well.



Core Beliefs Worksheet 2

Common negative core beliefs about ourselves tend to fall into three categories: helplessness, unlovability, and worthlessness. This exercise is designed to identify your negative core beliefs about yourself. Tick the boxes that apply:

<input type="checkbox"/>	I am helpless.
<input type="checkbox"/>	I am incompetent.
<input type="checkbox"/>	I feel vulnerable.
<input type="checkbox"/>	I am not loveable.
<input type="checkbox"/>	I am inferior.
<input type="checkbox"/>	I am not likeable.
<input type="checkbox"/>	I believe that my relationships will not last.
<input type="checkbox"/>	I am unworthy.
<input type="checkbox"/>	I am bad.
<input type="checkbox"/>	I am stupid.
<input type="checkbox"/>	I am a burden to others.

Dr. Anna Katharina Schaffner, Ph.D., 2020

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⁹6 Characteristics of a Good Counselor

There are six personal characteristics that are critical for good counselors and should be improved upon continually.

These include having good interpersonal skills and being trustworthy, flexible, hopeful/optimistic, culturally sensitive, and self-aware.

1. Interpersonal skills

Counselors must be able to express themselves clearly and effectively.

2. Trust

According to Hill and Knox (2001), Counselors must be able to communicate verbally and nonverbally that they are trustworthy.

Clients need to feel comfortable sharing private, confidential information and parts of themselves that are often entirely unknown by others. Having faith in the quality of the relationship and the confidentiality of what is disclosed leads to a deeper connection with the therapist.

3. Flexibility

A good counselor will create a meaningful treatment plan that is individualized for each client.

⁹ positivepsychology.com



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4. Hope and optimism

Hope is a wonderful motivator. Effective counselors can find a balance between realism and hope.

A good counselor will set realistic goals that engage the client and inspire a more optimistic outlook.

5. Multicultural sensitivity

The American Psychological Association recommends that therapists adapt treatment to a client's cultural values and show respect for differences, beliefs, and attitudes.

6. Self-awareness

An effective counselor can separate personal issues from those of the client.

Countertransference is a phenomenon described by Freud where issues expressed by a client lead to an emotional reaction of the therapist.

A Take-Home Message

Perhaps Dr. Ili Rivera Walter said it best:
Success as a therapist is not in doing something for the client, but rather being someone for the client.



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30 Qualities of a Good Counselor

The counselor's openness refers to the quality of focusing all his attention and energies towards the client in the counseling session and not coming to session with any pre assumed and preconceived notions about the client.

- | | | |
|----------------------------------|----------------------------------|-----------------------------|
| 1) Openness | 12) Dissemination of information | 22) Encouragement |
| 2) Acceptance | 13) Attending skills | 23) Flexibility |
| 3) Empathy | 14) Intrapersonal skills | 24) Self-awareness |
| 4) Unconditional positive regard | 15) Listening skills | 25) Pleasant attitude |
| 5) Genuineness | 16) Communication skills | 26) Unbiased |
| 6) Ethical consideration | 17) Decisiveness | 27) Nonjudgmental |
| 7) Confidentiality | 18) Problem solving skills | 28) Professional competence |
| 8) Persuasive | 19) Keen observer | 29) Leadership |
| 9) Skilled | 20) Patience | 30) Trust |
| 10) Trained | 21) Compassion | |
| 11) Knowledge of techniques | | |



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¹⁰20 Characteristics of a Good Counselor

We call a person or a counselor a good counselor if he or she bears some qualities. These qualities should be maintained. Otherwise, a counselor cannot be a good counselor.

- 1. Positive minded or outlook:** Counselor must have a positive attitude.
- 2. Sympathy to the counselor:** A good counselor must have sympathy for the client.
- 3. Intelligence:** A good counselor should be very intelligent.
- 4. Informative:** A good counselor must have much information.
- 5. Tactful:** A good counselor also is tactful.
- 6. Influencing or inspiration power:** A good counselor also has the power of influencing others.
- 7. Motivation power:** The counselor has the ability to motivate the client.
- 8. Skillful:** Counselor also must be skillful from reduce the frustration.
- 9. Educated:** Without education, none can be qualified for all types of efficiency.
- 10. Ability to take a quick decision:** Counselor must take a quick decision.

¹⁰ <https://bankofinfo.com/qualities-of-a-good-counselor/#:~:text=Qualities%20of%20a%20good%20counselor%20are%20discussed%20below%3A,or%20she%20should%20understand%20the%20client%20very%20positively.>



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11. Proper trained: A good counselor must be properly trained.

12. Cool-headed: Counselor should be cool-headed.

13. Logical: Counselor must be logical.

14. Confident: A counselor must be confident in his point & logic

15. Frankly Speaking: Counselors should have a strong personality.

16. Strong personality: Also, a counselor should have a strong personality.

17. Intend to solve the problem: Counselor has the intention to solve the problem.

18. Ability to handle the situation: A good counselor has to be the ability to handle any situation.

19. Impartial: Counselor counsel the client as he can understand that counselor is impartial.

20. Active: In all cases, the counselor must be active in every part.



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Characteristics / Qualities of a Good Counselor

Positive minded or outlook

Proper trained

Sympathy to the counselor

Cool headed

Intelligence

Logical

Informative

Confident

Tactful

Frankly Speaking

Influencing or inspiration power

Strong personality

Motivation power

Intend to solve the problem

Skillful

Ability to handle situation

Educated

Impartial

Ability to take quick decision

Active

¹¹Characteristics Qualities of a Good Counselor

¹¹ <https://bankofinfo.com/wp-content/uploads/2014/11/30-Characteristics-Qualiti.gif>



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What are the Different Types of Counselors?

Counselors help people cope with various life changes and there are different types of counselors depending on the situation. Counseling professionals specialize their therapeutic skills for addressing the needs of a unique client group.

¹²22 Types of Counseling Specializations

The American Counseling Association (ACA) lists 22 types of counseling specializations on its website. Here is a brief introduction to the major kinds of counselors practicing in America.

Clinical Mental Health Counselor

Clinical mental health counselors are highly trained therapists who treat individuals with mental illnesses.

Marriage and Family Therapist

Marriage and family therapists are counselors who work to resolve conflicts in clients' relationships. Rather than one-on-one, they conduct therapy sessions with couples or whole families.

¹² <https://www.counseling.org/>



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Creative Arts Therapist

Creative arts therapists are imaginative counselors who encourage clients to express their emotions in diverse art media.

Bereavement Counselor

Bereavement counselors are grief therapists who assist clients struggling to deal with the death of loved ones.

Student Affairs Counselor

Student affairs counselors are higher education professionals who play many pivotal roles in guiding college attendees to graduation.

Genetic Counselor

Genetic counselors are skilled scientists who assess a client's risks for developing inherited medical conditions.

Music Therapist

Music therapists are specialized song makers who harness the healing powers of music to assist clients with mental health disorders.



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Question 2: What are 30 Qualities of a Good Counselor gets your attention and you firmly believe you have these qualities? List your 30.

- | | |
|-----------|-----------|
| 1. _____ | 16. _____ |
| 2. _____ | 17. _____ |
| 3. _____ | 18. _____ |
| 4. _____ | 19. _____ |
| 5. _____ | 20. _____ |
| 6. _____ | 21. _____ |
| 7. _____ | 22. _____ |
| 8. _____ | 23. _____ |
| 9. _____ | 24. _____ |
| 10. _____ | 25. _____ |
| 11. _____ | 26. _____ |
| 12. _____ | 27. _____ |
| 13. _____ | 28. _____ |
| 14. _____ | 29. _____ |
| 15. _____ | 30. _____ |

Question 3: 6 Characteristics of a Good Counselor?

- 1) _____
 - 2) _____
 - 3) _____
 - 4) _____
 - 5) _____
 - 6) _____
- _____
- _____
- _____
- _____
- _____



