

# Counseling Practicum I

## Lecture 2

### Counseling Needs Assessment Before Practicum

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# Introduction



- This lecture will explain the importance of carrying out counseling needs assessment before engaging in practicum. It will help a counseling student on areas to consider when conducting counseling needs assessment to offer quality counseling services to clients.

# Expected Learning Outcomes



At the end of this lecture, you will be able to:

- Explain the importance of counseling needs assessment
- Identify key goals and objectives that guide counseling needs assessment
- Examine the benefits of counseling and psychotherapy

# Counseling Needs Assessment

Counseling needs differ from one client to another

Different approaches will fit different needs

Client needs are considered before and during counseling

Priority needs are identified



# Needs Assessment Factors

- Physical Resources
- Human capital
- Skills competence
- Network



# Setting Counseling Goals



- The main goal of counseling is to help people use existing personal and other available resources for coping with life challenges
- Counseling also involves a relationship, a set of interventions, and a collection of psychological processes with goals.
- It is advisable for counselors to differentiate between own personal needs and those of the client before engaging in therapy.

# Benefits Counseling Goals

- Focus
- Attention
- Time management
- Priority



# Supportive Listening

- This involves providing clients with the opportunity to be heard, understood, and affirmed, the counselor must be skilled at listening, empathetic communication, giving safe and constructive feedback to the client, and leading the counseling process to the desired client goals.



# Benefits of Supportive Listening

Supportive listening by a counselor will provide the following to a client;

- Comfort,
- Ease suffering,
- Healing psychological wounds,
- Offer a sounding board and help the client move forward



# Managing Problems

- Clients will often bring problematic situations to counseling.
- The counselor can support the client by breaking a larger problem into several smaller, more manageable tasks and assignments.
- If a client has low self-esteem, the counselor can begin by asking the client to name at least five attributes they like about themselves and relate the feelings that go with the same.



# Problem Analysis



A client's sense of being overwhelmed or feeling depressed may have multiple dimensions: unhappiness in their job, lack of assertiveness in a relationship, and not looking after themselves. It is the work of a counselor to help them unpack the bigger problem to specific manageable problems that can create an inner sense of control and worth.

# Strengthening Perceived Weak Skills

Clients come in with a set of skills that they have been applying in their daily life challenges.

In certain situations, some clients are not fully aware of other skills that they have that can help them in different situations.

Some skills they consider as weaknesses can be strengthened to become more useful.



# Assertiveness as a Strength



- Saying No and meaning it
- Firm decision making
- Boundaries
- Emotional fitness



For example, a client may be too good to his colleagues because he wants to build team spirit at workplace, they can be taken for granted for being too good.

# Application

# Application

May be the client can be helped to be more assertive  
Ask a client to take up their load of task and stick to their tasks and remain firm on that decision.



# Empowerment of Existing Strong Personal Skills

Some clients visit counselors because they wish to do better than they are doing now. The work of the counselor is to find out how they are doing currently and ask how they wish to from going forward.

Therapy can be directed to achieving this desired goal in therapy and seek ways to maintain the same.



# Enhancing Mindfulness

- Most clients are not aware that regular check on how they think, feel and act on moment to moment largely contribute to the healing process especially of past traumas and coping with anxiety disorder. Mindful self-compassion also helps a client to treat themselves with compassion and self-kindness in their suffering rather than blaming themselves because of their suffering.



# Benefits of Mindfulness

- Staying in the present moment
- Dealing with denial
- Less stressful
- Cognitive flexibility



# MSC core values

- Kindness
- Compassion
- Common humanity



# Enhancing Interpersonal Relationships

- Counseling helps a client to know self in relationship with others. A good counselor facilitates this process during therapy sessions.
- A counselor is required to model effective communication that the client can adapt in communicating with others.



# Reflective Communication Tips

- *Volume* – Was I talking loud enough for the listener to hear what I was saying comfortably?
- *Articulation* – Was I clear in my speech, enunciating words, so the listener easily understood them?



- *Pitch* – Was I overly straining my voice or talking too high or low?
- *Emphasis* – Was I using too much emphasis and appearing melodramatic? Or too little and appearing flat?



- *Rate* – Was I speaking very quickly and appearing anxious, slow and slurred?
- The client takes what they have learned into future conversations and adapt each element according to their audience (Jones, 2014) thus a counselor is the best client's mirror



# Counseling and Psychotherapy Benefits

- According to British Association for Counselling and Psychotherapy (BACP) counselling and psychotherapy are umbrella terms that cover a range of talking therapies.
- They are delivered by trained practitioners who work with people over a short or long term to help them bring about effective change or enhance their wellbeing



# Counseling Benefits

American Counseling Association defines counseling as a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals (McLeod, 2013).



# Benefits of Counseling

The benefits include:

- Enhanced self-awareness
- Enhanced interpersonal relationships
- Creativity
- Problem solving skills



# Effective Therapy



- Client needs based
- Solution focused
- Emotional fitness
- Structured
- Skilled

# Counseling Benefits

- Solution focused skills
- Self-actualization
- Creativity
- High Performance



# Benefits

- Inspiring in the person a desire and capacity to care for others and pass on knowledge (generativity)
- Collective good through political engagement and community work.
- A good counselor will transform the client for them to fit in the society productively



## Conclusion

This lecture explained the importance of counseling needs assessment, identified key goals and objectives that guide counseling needs assessment and examined the benefits of counseling and psychotherapy.



## References

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