



Counseling Practicum I

Lecture 12

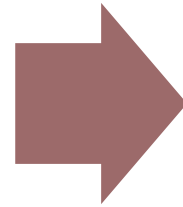
Micro Practice

Introduction

In the last eleven (11) lectures, we have learned a lot about what happens in therapy and how the skills, knowledge and attitudes picked can be applied in therapy. In this lecture, you will have an opportunity to put all what you have learnt into practice. There are seven (7) case studies that you can choose from; to experience this lecture.

Expected Learning Outcomes

**Expected Learning
Outcomes,**



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

- Explain the importance of micro practice
- Apply counseling skills in micro practice
- Integrate theory into counseling diverse clients

Benefits of Micro Practice



Skills application assessment



Enhance self-awareness



Self-assessment



Evidence based



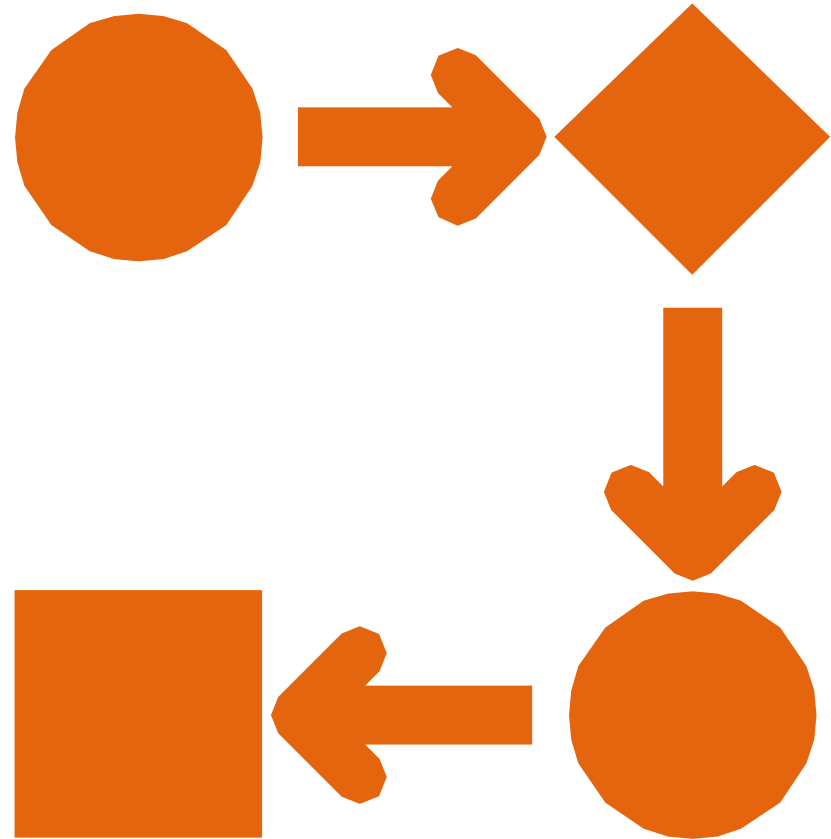
Identification of clinical supervision gaps



Testing theory in practice

Application

- When trying to practice skills and theoretical techniques in counseling, it is helpful to do it step by step (Kabir , 2017) to master each skill at a time. Sometimes it can get frustrating, and one may be tempted to think they are not competent. It is advisable to apply self-compassion in practice too (Germer, 2009). All beginning counselors go through this trying experience and those that choose to take it positively get to learn a lot and master the skills too (McLeod, 2013).



Hypothetical Case Studies



Sometimes students may have a challenge accessing real clients and hypothetical case studies that mimic real clients are applied with students



They give a similar experience in engaging the students in testing and application of skills and theoretical techniques (Bennet - Levy, 2019).

Case Study of John

John is a 36-year-old man who works as an accountant for a small family business. The business is failing, and Brett his uncle and business partner will probably have to begin the process of “winding it up” soon. His commitment to the business and his friends, the business owners, has intensified the level of stress he is feeling because of the business collapse. He has taken a week off work on sick leave and feels too “stressed” to return to work.

Case Study of Leah

Leah is a 24-year-old woman who was recently discharged from the Army on medical grounds. During her four years in the Army, Leah experienced high levels of stress and anxiety which she coped with by drinking heavily. When she presented for counselling, Leah had been sobering for 55 days and was seeking strategies to cope with her anxiety that didn't involve drinking. Assist her to build a network of supports within the community, enabling her to maintain her sobriety and prevent recurrence of the factors which contributed to her high levels of stress

Case Study of Sasha

Sasha is a 60-year-old woman who has recently retired from a career in teaching. Working for many years in a secondary school environment, Sasha was confident, motivated, and dedicated to her work, but at the same time looking forward to retirement so she and her husband could travel and spend more time with their adult children who lived nearby. However, upon finishing work, Sasha found herself experiencing severe anxiety, particularly when around other people, and began not wanting to leave the house or invite people into the house. She also experienced bouts of crying when attempting to complete tasks such as housework and using the sewing machine. Sasha found her symptoms eased when she and her husband went on camping trips in national parks where they often did not see other people for days. Help her to address any irrational thoughts and behaviours which may be maintaining her anxiety, and to complete any unfinished business which may have led to the development of her anxieties in the first place.



Case Study of Mark

Mark is 28 and has been married to Sarah for six years. He works for his uncle, and they regularly stay back after work to chat. Sarah has threatened to leave him if he does not spend more time with her, but when they are together, they spend most of the time arguing, so he avoids her even more. He loves her but is finding it hard to put up with her moods. The last few weeks, he has been getting really stressed out and is having trouble sleeping. He's made a few mistakes at work and his uncle has warned him to pick up his act. Help him out of this relationship problems.

Case Study of Gary

The client, Gary, called to make his first appointment and said he was persuaded by “a mate” to attend counselling to control his anger. In short Gary was a perpetrator of physical abuse against his intimate female partner, Julie, who is 22 years of age. The couple have no children, but his partner has recently expressed a desire to have a child with him. The client is 28 years old and a laborer by occupation. He has only had casual/contractual employment and has been subject to periods of unemployment, the longest being three months. At the time of beginning counselling Gary was unemployed and renting with his partner in a shared house with another couple. How can you help Gary?

Case of Maggie

Maggie, a counsellor, saw a client in the morning who related how his doctor had just given him a diagnosis of cancer, necessitating cutting out some cancerous tissue. Her client, Arnold, was dismayed about the diagnosis. "But at least," he confided to Maggie, "I don't have to have that horrible colostomy bag like some people do." Later in the day, Maggie saw her client Joy, whom she was treating for depression. "It's just awful!" exclaimed Joy. "I look on Facebook, Pinterest, and Instagram, and everyone's doing so much more interesting things than I am. They're having fabulous holidays, their kids are getting amazing awards at school, and everyone seems so happy and vibrant. I see that my life is just pathetic!" Although it didn't dawn on Maggie until later in the day when she was writing up her notes, both her clients had exhibited the same phenomenon of social comparison. It is a well-established topic in psychological literature, and many are many debates about whether it is helpful to engage in or not. The purpose of this post is to clarify some of the issues around it, examining how it may serve and limit us. Briefly discuss strategies you can engage to help this client get caught in the clutches of this pervasive social phenomenon.



Assessing Micro Practice

- ♦ **Micro Practice Marking Rubric**
- ♦ Read through the case studies given above
- ♦ Pick two that suit your area of interest in counseling practice
- ♦ Demonstrate How you can counsel cases you have chosen

Assessment Guide & Scores

- i.** Show which theory you have chosen for each case (5 marks)
- ii.** Show how according to your theory the problems have been made worse (5 marks)
- iii.** Show how the client can be sensitively challenged in therapy using confrontation skills in counseling (10 marks)
- iv.** Show how you can take the client through the three main stages of counseling: Exploration, Understanding and Action (20 marks)
- v.** Assess the strengths and challenges of using your choice of theory (10 marks)

Choice of Theory

WELL EXPLAINED 5 MARKS
REASONS (AT LEAST
5 POINTS ; WHAT
INFORMED YOUR
CHOICE)



Why this Theory

- ◆ Matches my interests in counseling practice
- ◆ Suits clients needs
- ◆ Easy to apply
- ◆ Experience
- ◆ Trial and error
- ◆ Suits my competence levels

Case
Conceptualization

**Showing how the
problem is
worsened using
the theoretical
concepts of your
choice of theory**

5 marks

Psychological Disturbance

No action from client

Stuck

Lack of support

Lack of self awareness

Lack of exposure to therapy

Social cultural factors

Confronting Clients in Therapy

Demonstrate sensitivity, empathy,
compassion as you apply challenging
skills

Ask if it is helpful (skills like self-
disclosure, confrontation, advanced level
empathy, silence, focusing, concreteness
should apply)



Skillful Confrontation

- ♦ Be sensitive
- ♦ Timing
- ♦ Wording
- ♦ Culture sensitive
- ♦ Feedback
- ♦ Weigh intention

Counseling Process

Show how you move the client from exploration to Action Stage (Apply relevant skills in the three stages)

Show how you can apply self-compassion with all clients and your self



Stages of Counseling : Exploration

- What is the presenting problem?
- How did the problem begin?
- What has made the problem worse?
- What exactly is the problem?
- What does the client need most?

Understanding

- Does the client understand how they got into trouble?
- Does the client make sense of what happened to them?
- How did they contribute to their problem?
- Who made things worse for them?
- Do they blame others for their problems?
- Have they taken personal responsibility to help themselves?
- Are they ready to change?



Action Stage

- Does the client have a plan for change?
- Do they have clear smart goals?
- What the forces against them?
- What are the forces for them (their change, healing)
- Who can support them in the action phase?

Therapy Goals

Specific

Measurable

Attainable / Achievable

Realistic

Time bound

Accountability & Commitment

Daily checks

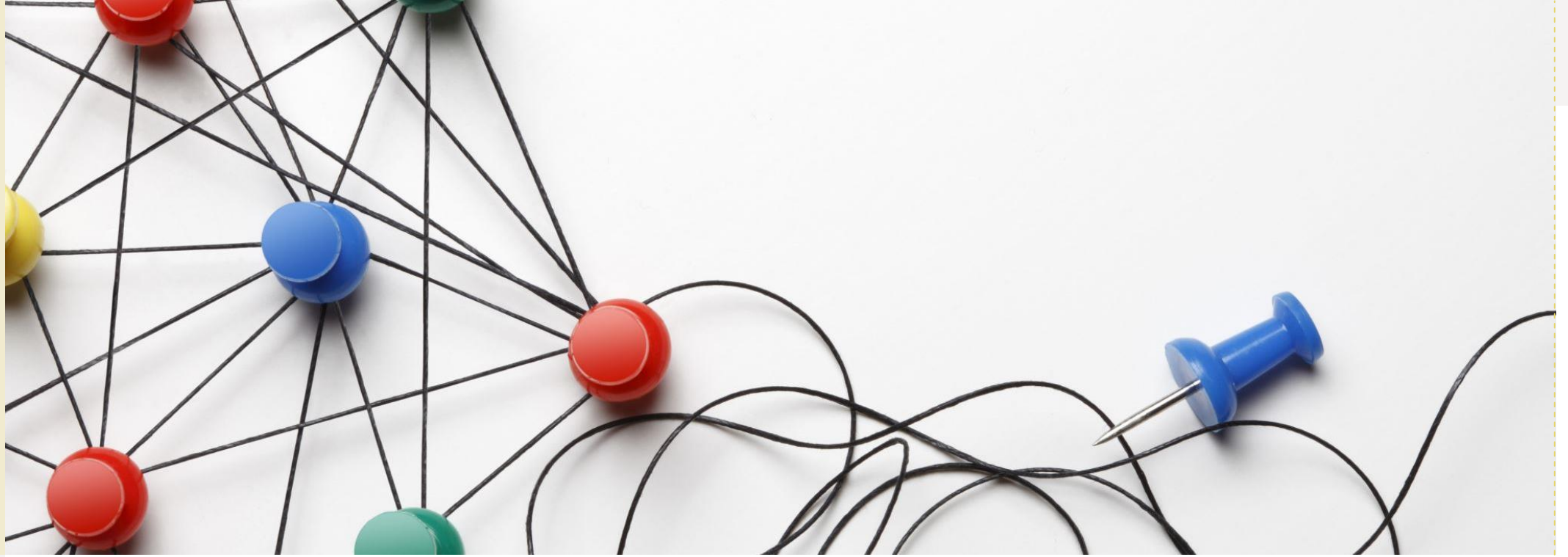
Journal writing

Accountability partner

Commitment to change

Self monitoring

Appraisal



Critical Analysis of Theory of Choice

Show the strengths and the challenges of using your choice of theory and make suggestions to improve that theory

Strengths

Client
suitability

Therapy
outcome
success

Easy to use

Ethical
considerations

Multicultural
competence

Challenges

Hard to
apply

Client harm

Only applied
by a few

Lack of flow
in therapy
process

Poor
therapy
outcome

Hard to
measure
effectiveness

Summary

Choose	Choose theory
Apply	Apply theory
Challenge	Challenge theory in practice
Align	Align theory to counseling process
Critique	Critique application of theory
Make	Make recommendations

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