Leader Guide

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**DVD Title:** Three Approaches to Counseling: One Adolescent Client

**Rationale for and description of this DVD:** What makes this DVD unique is the demonstration of three counseling approaches with one adolescent client. The three counseling approaches are (1) Solution Focused Therapy, (2) Reality Therapy, and (3) Cognitive Behavior Therapy. Viewers are directed to the bibliography at the end of this Leaders Guide which lists selected works of theorists associated with these counseling approaches. There are three chapters to the DVD. They may be viewed in order, or accessed separately. At the end of the third chapter, the three counselors and the client participate in a wrap-up discussion in which the client talks about differences she experienced between the three counseling approaches. Following please find a description of the content of each chapter:

**Chapter one (approximately 29 minutes):** In chapter one, Dr. Hamann provides a brief overview of the content of the entire DVD (1 minute). He then gives an overview of Solution Focused Therapy (2 minutes), conducts an interview with the client (23 minutes), and concludes with his summary comments about the interview (3 minutes).

Viewers should note the following points made during the overview of Solution Focused Therapy and be prepared to watch for these during the interview:

* This therapeutic approach is oriented toward the future.

* Small changes lead to big changes.

* The client chooses the goal.

* The counselor is a collaborator or co-creator of solutions.

* The counseling process focuses on positives, on solution development, and support for progress and celebration of change.

* There is a series of questions used including the miracle question (which helps establish the client’s goals),
the exception question (which helps remind the client of times when the problem did not even exist), and scaling questions (which provide some data and help establish a behavioral direction to the process of change).

**Viewers should note the following points that occurred during the Solution Focused Therapy interview with the client:**

* Throughout the interview, note (1) an emphasis on what Adrianne can do to solve the problems; (2) Dr. Hamann’s use of note taking to emphasize important things Adrianne said; and Dr. Hamann’s use of “What else?”

* (4:35) Adrianne is asked what she would like to talk about. She expresses concern about stress, wanting to make her own decisions, and having no time for herself.

* (6:55) Dr. Hamann asks the miracle question.

* (8:45) Adrianne is asked to focus to what she would be doing if the miracle occurred.

* (14:15) Dr. Hamann asks a problem severity scaling question.

* (21:00) Adrianne is brought back to the problem severity scaling question and Dr. Hamann puts an emphasis on what she could do to reduce the severity.

* (23:20) Dr. Hamann summarizes Adrianne’s solution possibilities.

* (24:45) Adrianne is asked a commitment scaling question.

**Chapter two (approximately 39 minutes):** In chapter two, Dr. McFarland provides an overview of Reality Therapy (9 minutes), conducts an interview with the client (27 minutes), and concludes with his summary comments about the interview (3 minutes).

**Viewers should note the following points made during the overview of Reality Therapy and be prepared to watch for these during the interview:**

* People function on a universal set of needs.

* Behavior is an attempt to satisfy these needs.

* The focus of counseling is on an unstable relationship or lack of a relationship.

* Total behavior includes the way we act, think, feel, and our physiological reaction to situations.

* The emphasis of therapy is on individual choice and responsibility.

* The goal of therapy is to help people make better choices and have more control in their lives given the constraints of the outside world.

* Key procedures of Reality Therapy are to (1) identify the client’s wants, (2) find direction or doing (actions), (3) evaluate the client’s behavior, and (4) develop a plan of action.
Viewers should note the following points that occurred during the Reality Therapy interview with the client:

* (39:50) Adrianne is asked about some areas she is unhappy with, areas her parents are deciding for her. (wants, actions, relationship problems)

* (42:00) Adrianne is asked what she has tried to do to change these situations. (evaluation)

* (44:50) Dr. McFarland notes that Adrianne would like more freedom, to be treated more maturely, have more say over things, and then he summarized how she has tried to achieve these. (wants, evaluation)

* (47:45) Dr. McFarland asks if Adrianne’s parents were in the session, what would they need to see from her that would tell them she was mature enough to start making some of the decisions she wants to make. (plan)

* (50:50) Adrianne is asked what might be an area she might try doing that she hasn’t done before. (plan)

* (52:25) Dr. McFarland asks if Adrianne were to decide to have more honest conversations with her parents, what are some points she might try to make. (plan)

* (53:30) Dr. McFarland compliments Adrianne on her level of acceptance and maturity. He acknowledges they can’t make her parents different, but they can talk about some ways she can try to be different. (wants, plan)

* (56:50) Dr. McFarland attempts to role play him being one of Adrianne’s parents, and asks her what she would say to make her points. (plan)

* (1:00:10) Adrianne is asked if she were to go home after the session, sit down with her parents and present one honest revelation to them, what might it be? She is also asked how realistic she thinks it is to do that. (plan, evaluation).

* (1:02:40) Dr. McFarland comments on how impressed he is with how balanced is her take on the situation with her parents, and that the fighting and avoiding has not worked in the past. He notes that now she has some ideas on some different things she might try in the name of being honest and mature. He makes a homework assignment in which he asks her to think about what she might say to her parents that is honest and reasonable, and that would demonstrate to them she is becoming more responsible. (plan)

**Chapter three (approximately 37 minutes):** In chapter three, Dr. Alexander-Albritton provides an overview of Cognitive Behavior Therapy (5 minutes), conducts an interview with the client (29 minutes), and concludes with her summary comments about the interview (3 minutes).

**Viewers should note the following points made during the overview of Cognitive Behavior Therapy and be prepared to watch for these during the interview:**

* Therapy is insight focused on helping clients recognize and then change negative thoughts they have about maladaptive behavior.

* Three main goals of this counseling approach are: (1) help clients identify their own maladaptive behavior and maladaptive beliefs, (2) help clients test and evaluate their beliefs, and (3) help clients gain awareness of automatic thoughts and then change those that are maladaptive.
* Specific cognitive intervention techniques:
  - thought stopping
  - identifying catastrophic thoughts
  - identifying cognitive distortions
  - identifying positive self statements
  - cognitive restructuring
  - reframing
  - role playing
  - modeling
  - having a sense of humor
  - homework
  - bibliotherapy

* specific behavioral intervention techniques:
  - reinforcement
  - extinction
  - shaping
  - stimulus control

* An overall underlying assumption of this approach is behavior is learned

Viewers should note the following points that occurred during the Cognitive Behavior Therapy interview with the client:

* (1:20:50) Dr. Alexander-Albritton points out a contradiction she hears from Adrianne in which Adrianne says she is both a good person, but when she argues with her parents thinks she is not a good person. She goes on to suggest that Adrianne, in deciding to distance herself from her parents, is utilizing a defense mechanism. (identifying cognitive distortion)

* (1:24:00) Dr. Alexander-Albritton suggests that Adrianne try journaling as a way to remind herself she is not a bad person. (reinforce positive self thoughts through homework of journaling)

* (1:30:00) Dr. Alexander-Albritton again points out the contradiction she hears from Adrianne about the good person / bad person struggle. (identifying cognitive distortion)

* (1:32:30) Dr. Alexander-Albritton suggests they role play Adrianne talking to her parents.

* (1:38:50) Dr. Alexander-Albritton asks Adrianne if her fear that her relationship with her parents could really end due to their arguing is realistic. (identifying a catastrophic thought)

* (1:40:10) Dr. Alexander-Albritton attempts to get Adrianne to focus on what she can do to feel better, while recognizing Adrianne can not control what her parents do. Journaling, or some other outlet for her thoughts and feelings, is again suggested. (homework, stimulus control)

(1:44:00) Wrap-up discussion with the three counselors and the client.

(1:50:00) Credits
Bibliography:


