

Effective Short Term Counseling

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Cynthia Olaya MA, EdS
HBUHSD/Chapman University

Assembly Bill No. 114

- All references to responsibilities of county mental health agencies and requirements for mental health services for students with IEPs have been eliminated from state law.
- This bill would make these provisions concerning referral for mental health services **inoperative as of July 1, 2011**, would repeal them as of **January 1, 2012**

Related services

- Counseling services
- Psychological services
- Parent counseling and training

Children's Mental Health Needs

20%

5%

1-2%

What works in counseling?



Common factors research

- After reviewing hundreds of outcome studies involving a variety of clients and problems, Lambert (1992, 1999) concluded that positive outcomes in psychotherapy result primarily from:
 1. What clients bring to treatment and practitioners' respect for these resources
 2. The quality of the relationship

Break down of Common Factors

- Client Factors 40%
- Relationship Factors 30%
- Expectancy Factors 15%
- Model Factors 15%

Implications

- Develop a working relationship
- Pay attention to and discover client strengths and resources
- Act as if clients are the “experts” in their own lives.
- Tailor tasks and suggestions to fit the client
- Put as much energy into the future as the past

Establishing a Working Relationship

- Stance of “respectful curiosity or “not knowing”
- Developing discrepancies rather than confronting
- Listening for resources, assets, and efforts to find solutions
- Acknowledge the client’s initial conceptualization of the problem by using the client’s definitions and the words

Develop a future focus

- How will you know when things are better?
- What would it would be like if you didn't have this problem?
- What would need to happen for you to think “it was a good idea to see that lady?”
- How would you (feel/act/think) when you do not have to come here anymore?
- How will your teacher know when you no longer need to come to counseling?

Scaling Questions

- Global status
- Intensity of current problem
- Confidence
- Motivation

Using scaling questions to establish goals

- Suppose things moved up one number on the scale, what would be different that would tell you that you were doing just that much better?"

Coping or Survival Questions

- How come things are not worse?
- What keeps you going?
- How come you haven't given up?
- Given how tough things are, on a scale from one to ten, how well do you think you're handling this?

More Tools

- Problem definition (as perceived by the client)—details, details!
- Shift to future focus: AKA “The Miracle Question” (and its alternates)
- Follow up with exception questions (has there been a time just a little like that lately?)

Relationships Drive Next Steps

- Visitor
- Browser/Complainant
- Customer

End of Session Feedback

- Compliment
- Bridge
- Task

Follow Up Sessions

- Always start with: “_____?”

EARS

- **E**licit _____
- **A**mplify _____
- **R**einforce _____
- **S**tart Over with
“ _____?”

New Concerns



Things Are Better

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Vague Or Mixed



Same Or Worse



Checking Process

- Are we working on the right problem?
- What do you think I have missed about your situation?
- What do you think I haven't understood about you or your concerns?
- What have we done or talked about that has been helpful?
- What have we done or talked about that was unhelpful?