***COUNSELING FOR LIFE-WORK BALANCE***

As you watch this counseling session, pay particular attention to the following questions about the interaction between Helen and David. Take notes, as needed, and discuss your reactions and ideas after you’ve finished watching the session.

* David starts out by asking some closed and open questions (although one is technically “closed” – can you spot it?)…..and then moves on to making more reflections. Does this seem to be a natural progression and appropriate use of these skills?

* What other questions would you have liked to ask?
* At one point David makes some validating comments, trying to show that he understands the difficulty of the situation and how hard it is for Helen. Is this effective?
* David seems to be focusing on Helen’s possible relationship issues with her husband. Would this have been where you would have focused? If not, what other things that Helen brought up would have captured your attention?
* Brainstorm – along with David and Helen – future options for this counselor and client’s work together, as well as for Helen to consider in helping her find more balance. What do you think might be most helpful?