***COUNSELING A HIGH-ACHIEVING YOUNG ADULT WITH SOCIAL ANXIETY***

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

* Do you note any particular body language issues – either counselor or client?

* Are the uses of questions and reflections appropriate? Can you think of alternative ones you’d use?
* Was the counselor’s stab at feelings (anger) appropriate and accurate?
* What did you think about David’s small self-disclosure (“I feel clueless…”)?
* David was trying to affirm and support Spencer’s attempts at reaching out to others. In doing this, David also tried to make the issue more immediate. Was this effective?
* What other skills did you see being used in this session?
* What do you think will happen in the future between this counselor and client? Think about Spencer’s transition from a high school where he had lots of friends, to this school where “everyone else seems to know the rules,” and where he’s having trouble making connections with others. What might that be all about, and how could the counselor begin to address those issues?