

# [Kiersten overall goal of this therapy is](https://assignbuster.com/kiersten-overall-goal-of-this-therapy-is/)

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Kiersten MannNew York Institute of TechnologyFoundations – Keystone                                                              Adlerian Therapy Key concepts            The AdlerianTherapy approach is a goal oriented approach that strives for success and anoverall positive mental health.

Utilizing this therapy approach as a schoolcounselor with students would be effective on working on future goals andworking on overcoming barriers that the student may be facing. The Adlerian Therapycombines different strategies which consists of understanding different attitudesand techniques. The Adlerian theory works on people who choose to work on decisionmaking to enhance their life. (Terry, Valerie, 1993) The Adlerian therapy is atype of treatment that can be applied with different kind of approaches such asan evidence-based approach. By using the Adlerian therapy school counselors canbegin working on a more problem-solving approach to help students to reach theirgoals.

GoalsThe most important goal of the Adlerian Therapy is lettingthe student know they have support within the community and in the school, along with ensuring the student focuses on the positive aspects of their lifeand not the negative. By working with students on the supports they have thiswill help to build confidence. It is also an important goal of the Adleriantherapy to continue to redirect the student away from negatives and work on thepositive so that the student can become more goal-oriented.

The overall goal ofthis therapy is to make the student accountable so they are able to work onpresent and future goals along with helping them to become motivated.       Techniques            There are many differentcounseling techniques you can incorporate when utilizing Adlerian Therapy. Iwould want to first incorporate ensuring that the student feels that coming tome as a professional school counselor is a safe environment. By doing this Iwould like to work on building a rapport with the student. I would then work onengaging the student and working on talking about things they are good at suchas sports, academics, activities etc.

By doing this this will help the studentto remain positive. I would then like to work on helping the student to buildinsight on what they have to work on and encouraging the student to take whatthey are good at and build upon that motivation to work on a goal they want toreach.                            Reality TherapyKeyConceptsReality Therapy was developed by William Glasser (1965).

Reality Therapy is a counseling method that can be applied in the schools whichworks on attaining higher levels of academics, personal and social developmentalong with career development. By utilizing this theory, it helps students totake more control and work on being effective in the areas they may need help with.(Mason, Dye, 2017) By working on this reality therapy this will help the studentto work on the basic needs to help the student to control their lives. GoalsAs a school counselor working on reality therapy the maingoal is focusing on the students’ present behaviors. My main goal as a schoolcounselor would be to focus on the students’ behaviors and helping the studentsto gain responsibility for their actions. Working on a more realistic behaviorwould be my main priority. As a professional school counselor working on thebasic needs of the student will help to achieve higher standards in all areassuch as socially, emotionally and academically. Techniques            Asa school counselor, I will assist students with their behaviors while helpingthe students build some kind of structure.

I feel as if structure if where thecounseling session should be started because I feel to begin change you mosthave a solid foundation when it comes to structure. I will also work on apositive approach while working with the student on gaining responsibility andcontrol of their actions or behaviors.             Cognitive Behavioral TherapyKeyconcepts            Cognitive Behavioral Therapy isa type of therapy in which you work on improving the students’ mood andfunctioning.

CBT works on cognitive and behavioral conceptualizations anddifferent interventions. Cognitive Behavioral therapy works to help improve arange of different issues such as anxiety, mood disorders, relationshipconflicts and substance abuse issues. (Iarussi, Tyler, Crawford & Crawford, 2016) Cognitive Behavioral Therapy focuses on what you may put into somethingis what you will get out of it, such as a more positive result.  Goals            The most important goal ofCognitive Behavioral Therapy is to help the student to become “ self-aware” ofwhat is going on in their life along with any behaviors or symptoms that may beoccurring in their life.

Another goal of this therapy approach is to help thestudent work on reducing nay symptoms that may be occurring by working oncoping skills. Also, having the student work on self-control is important towork on reducing behaviors. Techniques            As a school counselor working oncognitive behavioral therapy approach there are a few counseling skills and techniquesI would utilize to help the student. I would work on social skills with thestudent by helping to build positive rapports with people in their life. Iwould also work on how they can model a positive behavior. Having a positivebehavior and mind-set should help the student to remain positive and reduce anybehaviors they may be having in school.

I will also work on having them dorelaxation exercise along with mediation exercises.  Person Centered TherapyKeyconcepts            Person Centered Therapy wasdeveloped by Carl Rogers. Carl Rogers wanted to move away from thecounselor/therapist being the expert and having the session be moreclient/person-based. This approach works on the student or clients’ ability tomake the right choices for themselves and putting the session in the hands ofthe person to help them to become more accountable. Goals            The goal of this approach is towork on having the student focus on their full ability which would be moreperson-based and having them become more accountable by making their ownchoices and changes. Techniques             As a school counselor, I would utilize a fewdifferent techniques to work on a person-centered approach. I would first workon my empathy skill by showing the client empathy and good listening skills sothey know they can continue to come to me as a school counselor and have a safeenvironment to come to.

I would also utilize positive-regard and being genuine. Solution Focused Brief TherapyKeyconcepts            Solution-focused counseling isbecoming an approach for school counselors because of the effectiveness theapproach has with the students in the short amount of time they meet with themduring the individual session. (LaFountain, Garner, 1996) The key concept ofthis therapy approach is to work on each students’ difficulties and work onapplying a solution to the problem by helping the student to have someemotional relief and a desire to make change at some point in the session isthe main concept of this approach.

Goals            Solution focused therapies maingoal is to help the student to realize that the difficulty they may be goingthrough does not consume their whole life and you will be able to work on asolution. (LaFountain, Garner, 1996) Solution Focused therapy focuses oncurrent and future behavior while helping the student to find an exception. Techniques            A technique I would utilize isthe scaling technique.

By utilizing the scaling technique this helps thecounselor to work on a concrete goal with the student by scaling how they arefeeling along with where they want to be on a scale from 1-10. This techniqueis for both the counselor and student to work on a solution. By working on thistechnique this works to see how cofnident the student is to make a change andto work on a goal setting.

Narrative TherapyKeyconceptsNarrative therapy can be made up of many different themeswhich people may refer to as understanding students’ identities, ways ofunderstanding the problems a student may be facing along with how the studentmay talk to certain people in their life. This approach for school counselorswhen utilizing narrative therapy approach is seeking to be respectful and is anon-blaming approach. (What is Narrative Therapy?, 2017)  Goals            Techniques     Part BSolution-FocusedTherapyI feel as if Solution focused brief therapy will work bestfor me as a professional school counselor in certain situations. By utilizingthis type of therapy approach it will help me to work on students current andfuture behaviors and emotions. By utilizing solution focused therapy this willhelp students in the short amount of time within the individual session.

I amchoosing this specific therapy approach because I feel working on this withstudents is a successful approach that works on conducting change throughstudent responses. There are a few different approaches you can utilize whenusing solution focused therapy. Solution focused Therapy focuses on addressingwhat the student or client wants to achieve, while also focusing on the presentand future to help overcome any barriers, emotions or challenges they may befacing.

A personal problem that I have experienced was grieving theloss of my dad. Addressing this problem, I would utilize solution focusedtherapy to help assist with grieving the loss of a parent along with the emotionof feeling sad. When I lost my Dad, I went through many different feelings andemotions such as denial, anger, and sadness. The current emotion I would liketo focus on the feeling of sadness. This problem occurs when doing somethingthat reminds me of my Dad along with the upcoming holidays that areapproaching.

The holiday times can be difficult and cause more sadness whenthinking of my dad and him not being here to celebrate these holidays with him. My goals as a professional school counselor to address thisproblem would be to work on the solution and how to improve the emotions thatare occurring such as sadness. By working I am choosing this theory because I feel as if working ongrieving and sadness can be scaled and worked on by using solution focusedtherapy. An approach that is taken by counselors when utilizing solutionfocused therapy is scaling an emotion from 1-10, 1 being the best and 10 theworst.

I would ask myself where I am at in this scale with the emotion offeeling sad. I would scale myself at a 6. I would then ask myself why was thisnumber chosen, along with how might I move down in the scale to make myselffeel better. This gives students an opportunity to express how they are feelingalong with how they can make themselves feel better.  My goals for counseling to address this problem would be towork in the solution   Person-CenteredTherapy                References Mason, C. P.

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