

Kiersten overall goal  
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Kiersten Mann New York Institute of Technology Foundations - Keystone

Adlerian Therapy Key concepts      The Adlerian Therapy approach is a goal oriented approach that strives for success and an overall positive mental health.

Utilizing this therapy approach as a school counselor with students would be effective on working on future goals and working on overcoming barriers that the student may be facing. The Adlerian Therapy combines different strategies which consists of understanding different attitudes and techniques. The Adlerian theory works on people who choose to work on decision making to enhance their life. (Terry, Valerie, 1993) The Adlerian therapy is a type of treatment that can be applied with different kind of approaches such as an evidence-based approach. By using the Adlerian therapy school counselors can begin working on a more problem-solving approach to help students to reach their goals.

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

The overall goal of this therapy is to make the student accountable so they are able to work on present and future goals along with helping them to become motivated.      Techniques      There are many

different counseling techniques you can incorporate when utilizing Adlerian Therapy. I would want to first incorporate ensuring that the student feels that coming to me as a professional school counselor is a safe environment. By doing this I would like to work on building a rapport with the student. I would then work on engaging the student and working on talking about things they are good at such as sports, academics, activities etc.

By doing this this will help the student to remain positive. I would then like to work on helping the student to build insight on what they have to work on and encouraging the student to take what they are good at and build upon that motivation to work on a goal they want to reach.

Reality

Therapy Key Concepts Reality Therapy was developed by William Glasser (1965).

Reality Therapy is a counseling method that can be applied in the schools which works on attaining higher levels of academics, personal and social development along with career development. By utilizing this theory, it helps students to take 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 student to work on the basic needs to help the student to control their lives. Goals As a school counselor working on reality therapy the main goal is focusing on the students' present behaviors. My main goal as a school counselor would be to focus on the students' behaviors and helping the student to gain responsibility for their actions. Working on a more realistic behavior would be my main priority. As a professional school counselor working on the basic needs of the student will help to achieve higher standards in all areas such as socially, emotionally and academically.

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Techniques As a school counselor, I will assist students with their behaviors while helping the students build some kind of structure.

I feel as if structure is where the counseling session should be started because I feel to begin change you must have a solid foundation when it comes to structure. I will also work on a positive approach while working with the student on gaining responsibility and control of their actions or behaviors.

Cognitive Behavioral Therapy Key concepts Cognitive Behavioral Therapy is a type of therapy in which you work on improving the students' mood and functioning.

CBT works on cognitive and behavioral conceptualizations and different interventions. Cognitive Behavioral therapy works to help improve a range of different issues such as anxiety, mood disorders, relationship conflicts and substance abuse issues. (Iarussi, Tyler, Crawford & Crawford, 2016)

Cognitive Behavioral Therapy focuses on what you may put into something is what you will get out of it, such as a more positive result. Goals The most important goal of Cognitive Behavioral Therapy is to help the student to become "self-aware" of what is going on in their life along with any behaviors or symptoms that may be occurring in their life.

Another goal of this therapy approach is to help the student work on reducing any symptoms that may be occurring by working on coping skills. Also, having the student work on self-control is important to work on reducing behaviors. Techniques As a school counselor working on cognitive behavioral therapy approach there are a few counseling skills and techniques I would utilize to help the student. I would work on social skills

with the student by helping to build positive rapport with people in their life. I would also work on how they can model a positive behavior. Having a positive behavior and mind-set should help the student to remain positive and reduce any behaviors they may be having in school.

I will also work on having them do relaxation exercise along with mediation exercises. Person Centered Therapy Key concepts Person Centered Therapy was developed by Carl Rogers. Carl Rogers wanted to move away from the counselor/therapist being the expert and having the session be more client/person-based. This approach works on the student or clients' ability to make the right choices for themselves and putting the session in the hands of the person to help them to become more accountable. Goals The goal of this approach is to work on having the student focus on their full ability which would be more person-based and having them become more accountable by making their own choices and changes. Techniques As a school counselor, I would utilize a few different techniques to work on a person-centered approach. I would first work on my empathy skill by showing the client empathy and good listening skills so they know they can continue to come to me as a school counselor and have a safe environment to come to.

I would also utilize positive regard and being genuine. Solution Focused Brief Therapy Key concepts Solution-focused counseling is becoming an approach for school counselors because of the effectiveness the approach has with the students in the short amount of time they meet with them during the individual session. (LaFountain, Garner, 1996) The key concept of this therapy approach is to work on each student's difficulties and <https://assignbuster.com/kiersten-overall-goal-of-this-therapy-is/>

work on applying a solution to the problem by helping the student to have some emotional relief and a desire to make change at some point in the session is the main concept of this approach.

**Goals** Solution focused therapies main goal is to help the student to realize that the difficulty they may be going through does not consume their whole life and you will be able to work on a solution. (LaFountain, Garner, 1996) Solution Focused therapy focuses on current and future behavior while helping the student to find an exception. **Techniques** A technique I would utilize is the scaling technique.

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

**Narrative Therapy Key concepts** Narrative therapy can be made up of many different themes which people may refer to as understanding students' identities, ways of understanding the problems a student may be facing along with how the student may talk to certain people in their life. This approach for school counselors when utilizing narrative therapy approach is seeking to be respectful and is a non-blaming approach. (What is Narrative Therapy?, 2017)

**Goals** **Techniques** Part B Solution-Focused Therapy I feel as if Solution focused brief therapy will work best for me as a professional school counselor in certain situations. By utilizing this type of therapy approach it will help me

to work on students current and future behaviors and emotions. By utilizing solution focused therapy this will help students in the short amount of time within the individual session.

I am choosing this specific therapy approach because I feel working on this with students is a successful approach that works on conducting change through student responses. There are a few different approaches you can utilize when using solution focused therapy. Solution focused Therapy focuses on addressing what the student or client wants to achieve, while also focusing on the present and future to help overcome any barriers, emotions or challenges they may be facing.

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

The holiday times can be difficult and cause more sadness when thinking of my dad and him not being here to celebrate these holidays with him. My goals as a professional school counselor to address this problem would be to work on the solution and how to improve the emotions that are occurring such as sadness. By working I am choosing this theory because I feel as if working on grieving and sadness can be scaled and worked on by using

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solution focused therapy. An approach that is taken by counselors when utilizing solution focused therapy is scaling an emotion from 1-10, 1 being the best and 10 the worst.

I would ask myself where I am at in this scale with the emotion of feeling sad. I would scale myself at a 6. I would then ask myself why was this number chosen, along with how might I move down in the scale to make myself feel better. This gives students an opportunity to express how they are feeling along with how they can make themselves feel better. My goals for counseling to address this problem would be to work in the solution Person-Centered Therapy

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