

Appendix A

Counselor Interview & Reflection Guide

Shared Understanding: The Stance

<i>Focus</i>	<i>Intervention</i>
<p>Shared Understanding An Attitude of Curiosity</p>	<p>Professional Reflection Questions for the Counselor</p> <p>What does the struggle imply about the values and hopes of the client?</p> <p>What client beliefs are being challenged or possibly compromised in the face of the struggle? What does it mean for the client to have this struggle?</p> <p>What are clients learning about themselves? How have they sustained themselves in facing the struggle?</p> <p>What personal strengths have they needed to tap into? (See Table 5.2, Strength Characteristics)</p> <p>What does the struggle imply about what they would prefer different in themselves or their lives? What strengths will likely need to be developed in order to see this occur, even just a little?</p>
<p>A Stance of Acceptance</p>	<p>Professional Reflection Questions for the Counselor</p> <p>Do the clients know that you know the essence of the experience reflected in the complaints, implied in the symptoms, and transparent in the expectations illustrated within their narrative?</p> <p>What are the emotions, values, and strengths implied in the struggle and the hopes transparent in the conflict?</p>

(Continued)

(Continued)

<i>Focus</i>	<i>Intervention</i>
<p>Ambivalence Appreciation</p>	<p>What does his or her struggle with others tell you about the client? Does he or she know that you know?</p> <p>Ambivalence (Explanation Models) Questions for the Client</p> <p>“What is your theory about why change has been difficult for you?”</p> <p>“How have you tried to solve this and why have those efforts proved unsuccessful up until now?”</p> <p>“So, the problem is _____, and what you want is _____.”</p> <p>Ambivalence (Change Models) Questions for the Client</p> <p>“In what ways would it be good for you to (action)?”</p> <p>“If you did decide to change, how would you do it? What would be your reasons for doing something different?”</p> <p>“What are the good things about change and what are the not so good things?”</p>