

Appendix B

Counselor Interview & Reflection Guide

Shared Understanding: The Steps^a

<i>Focus</i>	<i>Intervention</i>
<p>Step 1: Problem Perception</p>	<p>Problem Perception “So, how were you hoping I could help you?” “Can you think of a name to call this problem? What is it like (picture/metaphor)?” “Are there other problems that this teams up with? In what ways does it do this?”</p> <p>Problem Impact “What impact has the problem had you/others?” “How has the problem robbed you of what you want?” “How does the problem ‘get the best of you’? What has it promised you?” “What do you think will happen if you do not make a change?”</p> <p>Problem Influence “What does the problem whisper in your ear?” “Would the problem want you in counseling? How did it try to keep you from coming?” “How much of your life does it control? Is this your preferred way of being or would you prefer something else?” “Who else might be an advocate for you in standing up to the influence of the problem?”</p> <p>Exploring Explanations “What is your theory about why change has been difficult for you?” “How have you tried to solve this, and why have those efforts proven unsuccessful until now?”</p>

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Focus	Intervention
<p>Step 2: Struggle Perception</p>	<p>“So, the problem is _____ and what you want is _____.”</p> <p>Identifying Expectations “When things are more on track, what will be different in you as well as in your life?” “How will you know when counseling is no longer necessary?”</p> <p>Eliciting a Change Conversation “In what ways would it be good for you to change or ‘do something different’?” “If you did decide to change, how would you do it? What would be your reasons for doing something different?” “What are the good things about change and what are the not so good things?”</p> <p>Strengths Within the Struggle “With all that you are managing right now, it makes complete sense you are tired and depressed. Your fatigue is likely more about the load you are carrying than about you. In fact, I am a bit surprised that things haven’t become worse. How have you <i>managed</i> to keep your head above water?” “You found the energy and time to see me today. How have you <i>managed</i> to keep your sanity and hope in the midst of these problems?” “Talk about those qualities you have <i>learned</i> about yourself that assist in sustaining yourself in the face of stress. What would <i>others</i> say about the qualities that you have that keep you going during these periods?” “What <i>advice</i> do you give to yourself that helps you keep your head above water and reminds you to keep moving forward?” “When was the last time you felt <i>hopeful</i> about your life and circumstances? What was going on in your life that made you feel hopeful?”</p>
<p>Step 3: Strength Perception</p>	<p>Eliciting General Strengths “What are the best things about you? What is your guess about how they were developed?” “What special characteristics or talents distinguish you from others?” “What do you wish others might discover about you?”</p>

Focus	Intervention
<p>Step 4: Dichotomy Perception</p> <p>Step 5: Hope Perception</p>	<p>“When are your strengths most useful for you? When are they not? What is your theory about this?”</p> <p>Anchoring Strengths</p> <p>“How might some of these attitudes, beliefs, and strengths be adapted and applied to your current difficulties?”</p> <p>“What strengths do you believe you need to develop to better address the difficulties we have discussed?”</p> <p>“How have you managed to keep things from getting worse?”</p> <p>Additional Strength Questions</p> <p>“What do you do well?”</p> <p>“What do other people look to you for?”</p> <p>“What are your outstanding qualities?”</p> <p>“How and with whom do you build alliances?”</p> <p>“How have you been able to adapt to change?”</p> <p>“Tell me what you do when you are at your best.”</p> <p>Dichotomy of Strengths</p> <p>Summary of strengths (see previous steps)</p> <p>“Discuss how, despite your best intentions, these qualities/strengths get the best of you at times. How is this true in your current struggles? What other strengths might you wish to tap into instead during these times?”</p> <p>General Hope Sequence</p> <p>“Tell me about a time you felt <i>hopeful</i> about your life and circumstances. What was going on in your life that made you feel hopeful?”</p> <p>“At that time, what <i>parts of yourself</i> did you have faith in? How might this have contributed to feeling more hopeful?”</p> <p>“When you felt more hopeful, how did you <i>remind</i> yourself to keep moving forward during difficult times?”</p> <p>Hope Chest</p> <p>“Let’s suppose you could create a hope chest that would permit all your problems to go away. You can make a request to take out of the hope chest three wishes. Although the three hopes will be granted, you must make changes to ensure their continuation.”</p>

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<i>Focus</i>	<i>Intervention</i>
	<p>“What three hopes would you take out of your hope chest?”</p> <p>“How would the granting of these hopes change your present situation?”</p> <p>“What would you have to do to keep your hopes alive?”</p> <p>What strengths do you have as a person to sustain your three hopes?”</p> <p>Patterns of Resilience</p> <p>“This has been very difficult for you. How have you <i>managed</i> to keep things from getting worse?”</p> <p>“What is your guess about how you developed these?”</p> <p>“What qualities do you <i>possess</i> that you seem to be able to tap into in times of adversity? What would <i>others</i> say are the qualities that you have that keep you going?”</p> <p>“What aspects of your heritage sustain you in times of difficulty? Who in your life was your ‘cultural coach,’ and what does he or she whisper in your ear? How is this useful to you?”</p>

Note: a. When limited by time, a recommended abbreviated sequence is (a) Problem Impact, (b) Strengths Within the Struggle, (c) Dichotomy of Strengths, and (d) Patterns of Resilience.