

ENDURING PRINCIPLES OF COUNSELING

KNOWLEDGE: An understanding of the client as a person / understanding of your imitations of knowledge / understand the natural history of the illness and the natural history of people with the condition

CHOICE OF TREATMENTS: The verbal interaction and agreement between clinician and client

COMPASSION: Compassion is kindness in action, empathy with muscle / Boundaries are necessary

AUTHENTICITY–RESILIENCY–TENACITY: Persistence, doggedness, perseverance, staying power—essential ingredients for success of most ventures

Authenticity: *Remain true to one's personality, spirit, or character, despite encountering external forces, pressures, and influences.* Resiliency: *Ability to recover from change, discouragement, or misfortune after being bent, stretched, or compressed.* Tenacity: *Ability to not be easily pulled apart; having a cohesive state adhering to, or seeking something valued.*