

## **NO RECOMMENDATION OR ENDORSEMENT**

# **THE COUNSELING RELATIONSHIP: ABOUT THE COUNSELING RELATIONSHIP**

**THE CLINICAL RELATIONSHIP:  
SAMPLE IDEAS / SAMPLE TEXT  
For Consent Forms or for  
Verbal Discussion with clients**

**THE COUNSELING RELATIONSHIP: ABOUT THE COUNSELING RELATIONSHIP**  
*THE CLINICAL RELATIONSHIP: SAMPLE IDEAS / SAMPLE TEXT*  
*for Consent Forms Or For Verbal Discussion with clients*

### **THE COUNSELING RELATIONSHIP ...**

- Counseling, as in the context of a therapeutic relationship, cannot guarantee saved marriages, continued employment, social acceptance, or elimination of presenting symptoms. Nor, is it a guarantee that symptoms will not worsen.
- You, as the client, are ultimately responsible for change or non-change.
- Many clients remain “stuck” due to external influences beyond the therapeutic relationship or lack of commitment to explore options and try alternatives.
- Everyone has periods in their life of difficulty, change and transition, when personal issues affect their work and relationships. Issues such as family, marital, career, financial, physical, abuse of alcohol/drugs, or a variety of mental issues
- Counseling can help with incongruent thoughts, difficult relationships, career issues, over-whelming emotions, fears, disturbing memories, bad habits, confusion, chemical dependencies, violence and anger issues, adjustment issues and depression
- It is a multi-level process that requires you to have the ability, desire and willingness to see yourself objectively.
- Drugs & alcohol create false realities and self-images, interfering with the underlying issues and the ability to gain deeper insights. Individuals actively using drugs or alcohol must go through assessment and be referred to a recovery program, or Chemical Dependency Counselor first.
- Mental struggles can be physical, psychological, emotional, intellectual or cultural. There are no discrimination barriers to private pain.
- Counseling provides options for change. Change can be the catalyst for growth and personal maximization.
- You will benefit the most from counseling if you explore options and pursue solutions to your hopes and aspirations.
- The input and active participation from you, the client, is essential in order to ensure your individuality and personal style.

## **COURSE OF TREATMENT: SAMPLE IDEAS / SAMPLE TEXT for Consent Forms Or For Verbal Discussion**

Assessments are initially done to determine the most appropriate treatment plan, based on a diagnosis [when one is required]. Clients are assessed for readiness for counseling, client's responsibility for problems and solutions, client's problem-solving style, and ability to define the problem (presenting issues). Assessment and diagnosis are the beginning of the process, an estimate and not wholly accurate. Errors can result due to unknown variable.

## **COURSE OF TREATMENT: SAMPLE IDEAS / SAMPLE TEXT for Consent Forms Or For Verbal Discussion**

### **INTERVIEWS CAN COVER:**

Biological factors: genetic, potential predisposition's, biochemical agents; Development factors: physical development, psychosocial development, cognitive development and psychogenetic predisposition's; Social-interactive factors: culture, family or system, parent/child relationship, family attitudes, socioeconomic and community; Psychological vulnerabilities: person response to stress, arousal rate, intensity, temperaments and cognitions, Socio-environmental stresses: status of current primary relationships, use of substance, socioeconomic status and changes.

## **COURSE OF TREATMENT: SAMPLE IDEAS / SAMPLE TEXT for Consent Forms Or For Verbal Discussion**

### **DATA BASES**

- Cross-sectional items: (a point in time) are presenting complaints, relevant history and mental status (consciousness, attentions span, orientation, memory, concentration and judgment).
- Longitudinal items: (over a lifetime) include family constellation and history, psychosocial history, educational history, employment history, legal problems, drug and alcohol history and medical history.

## **THE COUNSELING RELATIONSHIP: ABOUT THE COUNSELING RELATIONSHIP**

### ***THE CLINICAL RELATIONSHIP: SAMPLE IDEAS / SAMPLE TEXT for Consent Forms Or For Verbal Discussion with clients***

### **TESTING**

- Counselor must administer test under the same conditions that were established in their standardization.
- Counselor does not permit unsupervised or inadequately supervised use of tests or assessments unless the test or assessments are designed, intended and validated for self-administering and/or scoring.
- Counselor recognizes the effect of age, color, race, culture, disability, ethnic group, religion, sexual orientation and socioeconomic status on test administration and interpretation and place test results in proper perspective with other relevant factors.
- Counselor indicates any reservations that exist regarding the validity of a test in norms for the person being tested.

### **TREATMENT PLANNING**

- It is a negotiation between Counselor and client.
- It is a decision for direction based on assessed and reported information.
- Distortions can exist due to defense mechanism (ex: justification, rationalization, projection, transference) that are not consciously recognized by the client or lack of information presented to Counselor.
- Treatment is the specific application of intervention to assist client in change: behavioral, cognitive, affective, relational and/or spiritual change.
- Treatment plans are discussed with the client and are revised or amended as needed and as treatment proceeds over time.

### **INTERVENTIONS/ALTERNATIVES**

- If standard interventions are not effective, there are alternative such as: Medications (Medical Management), Hypnotherapy, Naturopathic Medicine, Bio-Feedback, Medical Evaluations, Group Therapies, 12-Step Groups, Specialized Counseling, In-Patient Treatment Programs.
- Referral will be made if deemed necessary by Counselor or client.

### **PARTICIPATION BY CLIENT ...**

- It is understood that the counseling received on the part of the client is voluntary
- The client is responsible for selecting their mental health practitioner and thereby mode of counseling used.
- By signing the consent at the first session, client is entering into a counseling contract with the counselor.
- Client agrees to be present, talk and be honest.

## **INTERRUPTION AND TERMINATION OF SERVICES**

- **Interruption of Services**

- Counselors should make reasonable efforts to ensure continuity of services in the event that services are interrupted by factors such as unavailability, relocation, illness, disability, or death.

- **Termination of Services**

- Counselors should terminate services to clients and professional relationships with them when such services and relationships are no longer required or no longer serve the clients' needs or interests.
- Counselors should take reasonable steps to avoid abandoning clients who are still in need of services. Counselors should withdraw services precipitously only under unusual circumstances, giving careful consideration to all factors in the situation and taking care to minimize possible adverse effects. Counselors should assist in making appropriate arrangements for continuation of services when necessary.
- Counselors in fee-for-service settings may terminate services to clients who are not paying an overdue balance if the financial contractual arrangements have been made clear to the client, if the client does not pose an imminent danger to self or others, and if the clinical and other consequences of the current nonpayment have been addressed and discussed with the client.
- Counselors should not terminate services to pursue a social, financial, or sexual relationship with a client.
- Counselors who anticipate the termination or interruption of services to clients should notify clients promptly and seek the transfer, referral, or continuation of services in relation to the clients' needs and preferences.
- Counselors who are leaving an employment setting should inform clients of appropriate options for the continuation of services, and of the benefits and risks of the options.