

Task: PERFORM COUNSELING INTERVENTIONS

Number: 081-832-0014

Effective Date: 2002-Sep-27

**Enlisted MOS:
91X Skill Level 1**

**STP:
STP 8-91X14-SM-TG**

Conditions: You are assigned to care for and counsel a patient.

Standards: Selected the appropriate counseling interventions when counseling the patient.

Performance Steps

TRAINING TIPS FOR THE TRAINER 1. Prepare yourself. ? Get training guidance from your chain of command on when to train, which soldiers to train, availability of resources, and a training site. ? Get the training objective (task, conditions, and standards) from the task summary in this manual. ? Ensure you can do the task. Review the task summary and the references in the reference section. Practice doing the task or, if necessary, have someone train you on the task. ? Choose a training method. ? Prepare a training outline consisting of informal notes on what you want to cover during your training session. ? Practice your training presentation. 2. Prepare the resources. ? Obtain the required resources identified in the conditions statement for each task. ? Gather equipment and ensure it is operational. ? Coordinate for use of training aids and devices. ? Prepare the training site according to the conditions statement and evaluation preparation section of the task summary, as appropriate. 3. Prepare the soldiers. ? Tell the soldier what task to do and how well it must be done. Refer to the standards statement and evaluation preparation section for each task as appropriate. ? Caution soldiers about safety, environment, and security. ? Provide any necessary training on basic skills that soldiers must have before they can be trained on the task. ? Pretest each soldier to determine who needs training in what areas by having the soldier perform the task. Use DA Form 51 64-R and the evaluation guide in each task summary to make this determination. 4. Train the soldiers who failed the pretest. ? Demonstrate how to do the task or the specific performance steps to those soldiers who could not perform to SM standards. Have soldiers study the appropriate materials. ? Have soldiers practice the task until they can perform it to SM standards. ? Evaluate each soldier using the evaluation guide. ?

1. Use the four dimensional analysis to identify appropriate client interventions to be used.
2. Perform interpersonal/systemic interventions - what are the client's personal relationships like?
 - a. Negotiation and conflict management. The role of the counselor is to help the family establish ground rules for negotiation and conflict resolution, seek mutual respect for differing opinions, seek consensus on solutions, and monitor family follow-up in regards to agreed upon solutions.
 - b. Altering family structure. The goals of structural family interventions include: establish rapport with the family, observe family interactions, diagnose the family structure, modify interactions and reconstruct family boundaries.
3. Perform behavioral interventions - help client develop adaptive and supportive behavior to multifaceted situations. What the client does when "the problem is in charge."
 - a. Social modeling - involves learning by observing others.
 - b. Behavior rehearsal - uses role-play and practice attempts to help people acquire new skills.

- c. Skills training - is utilized to help a client learn the certain skills that they are deficit in.
 - d. Self-management - self-management interventions are most easily applied to help client's acquire more effective interpersonal, cognitive, and emotional behaviors.
4. Perform cognitive interventions - alter a client's manner of thinking about a particular event, person, self, or life. What kinds of things is the client saying to himself?
- a. A-B-C-D analysis.
 - (1) Identify the "Activating event" which begins the faulty thinking pattern.
 - (2) The client's "Belief system" is through which all life experiences including the activating event are filtered.
 - (3) "Consequence," either cognitive or emotional, that is produced by the interaction of A and B.
 - (4) After conducting an A-B-C analysis, the client and counselor are ready to perform "Disputing of irrational beliefs" that are leading to the consequence and replace those irrational beliefs with more accurate rational beliefs.
 - b. Cognitive Restricting - involves identifying and altering irrational or negative self-statements of clients.
 - c. Reframing - the gentle art of viewing or thinking about a situation differently.
 - d. Symptom Prescription - if the client follows the instruction they discover that behaviors once believed to be "uncontrollable" are indeed "controllable" and manageable.
5. Perform affective interventions to help the client express feelings or feeling states. How does the problem make the client feel?
- a. Feelings inventory/checklist - the client is instructed to indicate, from a given list/inventory of feelings words, those feelings that describe their life experience in the past 3 months or feelings that are of greatest concern.
 - b. Role reversal - is useful when a client is experiencing a conflict of taluses or feelings or a conflict with his/her self-image but is unable to isolate or understand the nature of the conflict.
 - c. Empty chair - the counselor defines the two principals for the client and asks the client to begin the dialogue with an empty chair across from the client. The counselor directs the client to change to the empty chair every time the client begins to speak as the 'other voice' to help the client change or integrate their feeling states.
 - d. Dream work - dream work requires an understanding and thorough assessment of the client and the 91X should always be supervised.

Performance Measures	<u>GO</u>	<u>NO GO</u>
1. Identified appropriate client interventions to be used.	_____	_____
2. Performed interpersonal/systemic intervention.	_____	_____
3. Performed behavioral interventions.	_____	_____
4. Performed cognitive interventions.	_____	_____
5. Performed affective interventions.	_____	_____

Evaluation Guidance: Score each soldier according to the performance measures in the evaluation guide. Unless otherwise stated in the task summary, the soldier must pass all performance measures to be scored GO. If the soldier fails any step, show what was done wrong and how to do it correctly.

References:

Number	Required	Title
HACKNEY & CORMIER	N	Hackney and Cormier, The Professional Counselor: A Process Guide to Helping, 3rd Edition, Allyn & Bacon (ISBN 0205191924)

Certifications Required: None.

Supporting Individual Tasks: None.

Supported Drills: None.