
A Counseling Primer: An Introduction to the Profession
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CHAPTER 2
WHO? ANSWERS ABOUT COUNSELORS AND CLIENTS

Activities

1. *Self-Care Project.* Distribute the “My Self-Care Project” handout at the beginning of class. Allow time for general questions and private time with each student for specific project questions either in or outside of class. This project works best when students commit to keeping their projects a secret from each other until the last night of class. Note that ongoing programs such as losing weight or exercising are not appropriate for this project. The purpose of this project is to sensitize students to risk-taking for positive benefit, teach them the use of behavioral contracting, and allow them to experience keeping information to themselves, simulating confidentiality.
2. *TFAC Journal.* Once students have handed in their first attempt at the TFAC Journal, process their first experiences in bringing thoughts, feelings, and actions into sharper focus. Emphasize the importance of context. Respond to questions and concerns. Ask students to respond to one question each from Awareness of Self and from Observation of Others in Chapter 2 (Table 2.2) by doing a group round.
3. *Counselor Traits.* Distribute the “My Counselor Traits” handout. Referring to the list of ideal traits discussed in the text, ask students to evaluate their current levels for each of these traits. Assure them that a rating of Adequate is acceptable since these are ideal traits for which all counselors strive. Ask them to comment on those traits that they feel they need to improve. In pairs, students then process this assignment.