



HENDRIX

COLLEGE

Counseling Theories & Practice

PSYC 243

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CHAPTER 1

INTRODUCTION AND OVERVIEW

2.0.1 Managing Your Personal Values

- Therapists have a responsibility to be aware of their own values and set aside personal beliefs, so they do not “contaminate the counseling process” (aka, Bracketing).

2.0.2 Becoming an Effective Multicultural Counselor

- Acquiring Competencies in Multicultural Counseling
 - Diversity-competent practitioners
 - * Beliefs and attitudes
 - * Knowledge
 - * Flexibility with Intervention Strategies

2.1 Maintaining Your Vitality as a Person and as a Professional or “Burnout Prevention”

- Therapeutic lifestyle changes (TLCs)
 - Physical activity
 - Diet and nutrition
 - Time in nature
 - Relationships
 - Recreation
 - Religious/spiritual involvement
 - Providing service to others

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