



# HENDRIX

COLLEGE

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## Counseling Theories & Practice

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### PSYC 243

*Start*

JANUARY 21, 2025

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MAY 14, 2025

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## CHAPTER 1

# INTRODUCTION AND OVERVIEW

### 2.0.1 Managing Your Personal Values

Personal therapy contributes to the therapist's professional work in 3 ways:

1. As part of the therapist's training, personal therapy offers a model of therapeutic practice in which the trainee observes a more experienced therapist.
  2. A beneficial experience in personal therapy can further enhance a therapist's interpersonal skills, which are essential to skillful practicing therapy.
  3. Successful personal therapy can contribute to a therapist's ability to deal with the ongoing stresses associated with clinical work.
- 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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