

## Worksheet: Tron Inglar - Counselling strategies

### 1. Guiding

#### Counsellor

The counsellor is the active part. Often he talks more than a client.

Statements, which counsellor can use - Yes, you are right, that is correct, I am glad you are developing so well...

The adviser administrates, select the topic and evaluates the clients progress.

#### Client

Clients are interested in the opinion of the counsellors - they ask questions - What do you think? What did I wrong? What can be better?

#### Discussion

The content of the discussion focuses on subject matter and task. Discussions or social behaviour are not regarded as important.

Reflection about consequences for counselling:

Effective way for education - the learner may avoid mistakes and benefit from experiences from the teacher

Clients can act in a way wanted by the advisor as long as the adviser is present.

#### Advantage

Helps when the client is really uncertain and need support.

### 2. Mentoring

#### Counsellor

Mentoring is an organized meeting between equal colleagues in the atmosphere of trust, support and challenge with the aim of creating reflection.

Mentor wants to know how client perceives reality, the world around.

Statements, which counsellor can use - Can you describe, what you have done? How did it work? What went well? Do you see any alternatives?

#### Client

The client is conceived as an active participant, makes own decision and choices and is responsible for the result. Development through experience

#### Discussion

Dialogue. Focus also on personal growth, responsibility etc...

Reflection about consequences for counselling:

Time consuming, sometimes the mentor can be too kind - wrong impression about the development

#### Advantage

Focus on understanding, development both for mentor and for client

### 3. Gestalt counselling

#### Counsellor

The gestalt counsellor focuses on observation. One of the counsellors essential task is to be a mirror for his client.

#### Client

Client should learn about himself, his awareness, activity and communication. About the relation between himself and others.

#### Dialogue

The focus of the dialogue is on situation here and now. During the dialogues, there is an emphasis both on knowledge, experiences and emotions. The counsellor wants to say what he has seen and heard, not what he wants the client should do or what is the best way

#### Reflection about consequences for counselling

A focus on experiences. The development of the client includes personal growth, awareness and willingness to express emotional reactions.

Time consuming, difficult not to act as a guide.

### 4. Reflective counselling

#### Counsellor

The reflective counsellor listens and asks questions. He is not so supportive as a mentor. He can be more provocative.

#### Client

Client should understand the relations between choices he makes and the consequences for others. In the reflection educational philosophy one regards knowledge as something relativistic depending on factors such as the learners interest and abilities, the structures and traditions of the society in which he lives and is being socialized.

#### Dialogue

The emphasis on discussion and reflection. Both the counsellor and the client think many steps ahead. Counsellor wants the client to spend time on researching and reflecting. He says: "What did you want to achieve by..." "How will you act to accomplish your aims?" "Why will you choose these actions?"

#### Advantage

Development and discussion of the experiences and values of the client rather than the adviser. Awareness of the socialization may result in the client being or becoming in opposition to existing tradition, do things quite differently.