

Worksheet: Counselling Approach - Activity

Imagine you are a career counsellor providing the counselling interview for a mother of 15 year old boy. The son is facing the decision making process what kind of secondary school he should choose. However his motivation to think of the issue and make the right decision is very low. The mother is upset and visited the counsellor to gain any support from him.

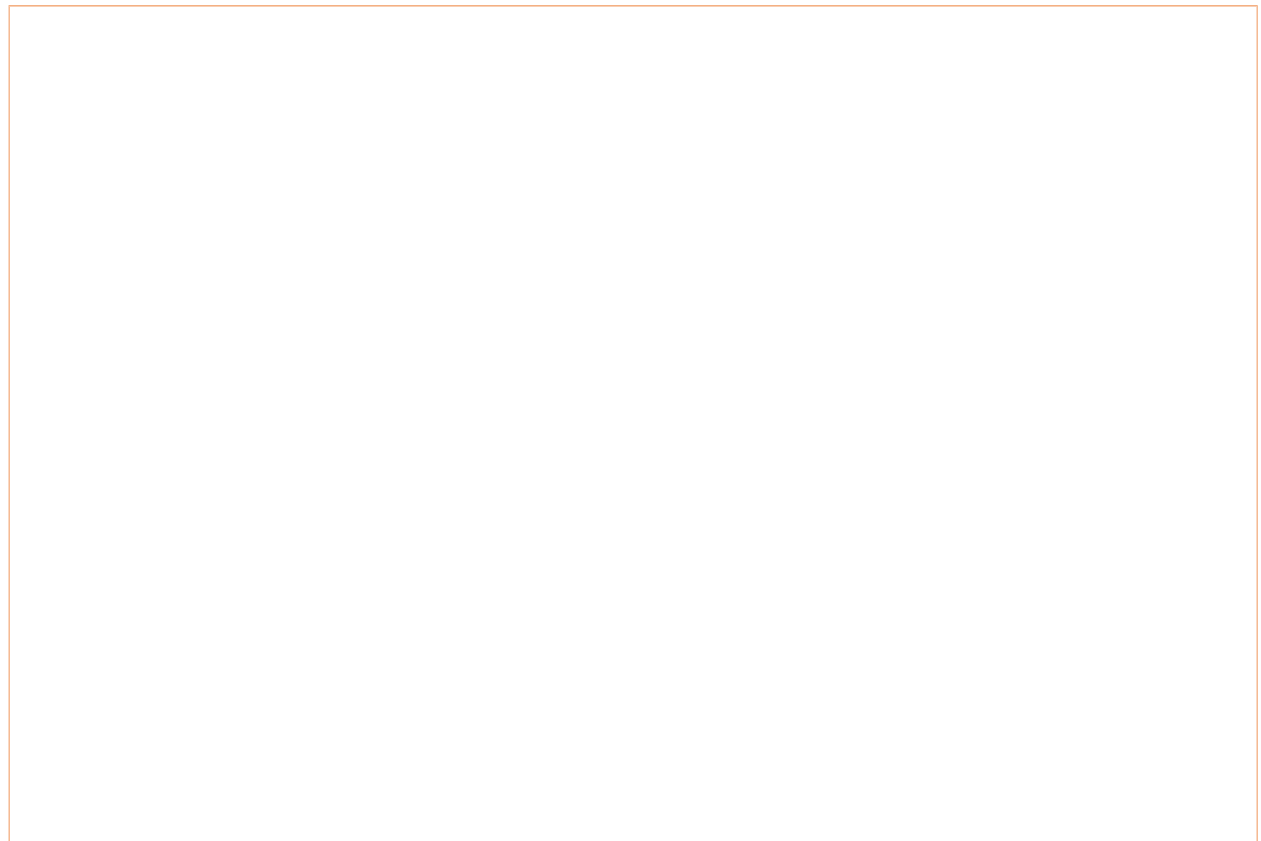
Write 4 short interviews according the Tron Inglar counselling strategies you have just learned.

Interview 1 - Guiding

- I'm worried about my son. Could you help me how to motivate him to be more engaged in the decision making process?

Interview 2 - Mentoring

- I'm worried about my son. Could you help me how to motivate him to be more engaged in the decision making process?



Interview 3 - Gestalt

- I'm worried about my son. Could you help me how to motivate him to be more engaged in the decision making process?

Interview 4 - Reflective Counselling

- I'm worried about my son. Could you help me how to motivate him to be more engaged in the decision making process?