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seems most congruent with my view of my
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beginning process of change is personcentered therapy. After the therapeutic relationship is built, the counselor will then help the student to achieve a greater degree of independence and assist the student with their growth process.

#### Counseling Theory Paper

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Clinical Setting It is my goal to become a school counselor in a local high school.

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of Counseling November 27, 2006 Professor:
Dr. Pit Kolodinsky Student: Melanie A. Korth.
2 Clinical Setting It is my goal to become a
school counselor in a local high school.
Population I intend to work with: Yuma has a
diverse group of high school students. Over
fifty percent are of Hispanic origin. Many
children are first or second generation
immigrants and don't have a good grasp of the
English language.

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This paper will discuss my views of human Page 8/21

nature, factors of behavior changes, goals of therapy, the roles of a therapist, and the counseling approaches that I chose to incorporate in a practice. The understanding of human nature is the concept that there is a set of inherent distinguishing characteristics, including ways of thinking, feeling, and acting that all humans tend to possess (Winkler, 1996).

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perspective on becoming an effective
counselor, what philosophies and concepts
make up my theoretical ideas, what my
intended goals are for counseling, my direct
and indirect role as a therapist and finally
what techniques I plan on using to engage
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theory that seems most congruent with my view
of my beginning process of change is personcentered therapy. After the therapeutic
relationship is built, the counselor will
then help the student to achieve a greater
degree of independence and assist the student
with their growth process.

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I also agree with your emphasis on the importance of questioning. That can also tie Page 15/21

into the building relationships aspect.

Overall, you had a wonderful paper and an excellent theory and you have given me a lot to think about in regards to my own theory. I look forward to seeing more work from you in the future.

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therapeutic relationship is built, the counselor will then help the student to achieve a

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Psychotherapy: A Beginning. 926 Words | 4
Pages Coined by theorist Sigmund Freud, the
psychodymanic approach to therapy revolves
around the interaction between the conscious
and the unconscious. It is believed that the
mind is made up for three entities; the Id,
Ego,& Superego.

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Essay. 2185 Words9 Pages. This paper explores
my counseling theory. It looks at the way I
view human nature and the development of
personality through the lens of an elementary
school counselor. This paper looks at the
development of psychopathology and the goals
of therapy using fundamental cognitive
behavioral theory (CBT) and techniques used
in CBT and person centered therapy (PCT).

Reflection Paper : My Counseling Theory Essay
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2 Brief Personal Reflection Paper
Professional Counseling can be rewarding as
well as demanding and offer a prospective
student a multitude of various disciplines
and profession's to accomplish and pursue in
one's career. During the eight week course in
Group Counseling Theory and Practice students
were given an extensive study of the ins and
...

Brief Personal Reflection Paper Final Week 8
Transactional analysis (TA), REBT and personcentred therapy are three modalities of
Page 19/21

psychotherapy with their roots in different theoretical schools; TA is psychoanalytical, REBT is a behavioural therapy, and personcentred therapy is a humanistic modality.

Major Theories of Counselling • Counselling Tutor

Abstract. This counseling theory paper combines different aspects of various counseling theories and puts them into one unified theory. This new theory takes in account my personal beliefs and worldview. This theory is not permanent, but is put together to allow direction for future Page 20/21

counseling sessions.

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