

# One-on-One Counseling

## 1. **Confidentiality and Informed Consent / Scope of Practice**

- I am a mandated reporter. In the event that you say or indicate that you are going to harm yourself, others or if you have been harmed by someone else I must report this incident to authorities.
- I honor confidentiality in and outside of our counseling session. What you tell me in our session is confidential with the exceptions of what I am mandated to report.
- Scope of practice: If I do not feel comfortable or feel this incident is beyond my scope of practice I must refer it to a school counselor or psychologist.

### ***1a. Informed Consent Signed!!***

## 2. **Identify problem: How were you hoping I could help you today? How can I help you...?**

- You said earlier...
- What tells you that you are...?
- Does that sum up your situation at this time? Is there more?

## 3. **How is (the issue) a problem for you? Is it better or worse than last school year/ week/ day?**

- What has been happening that tells you you're \_\_\_\_\_?
- That sounds very \_\_\_\_\_.
- So what would you like to have different as a result of our talking is...?
- Is there anything else you would like to get out of me coming here, besides what you have already told me?
- Here's a different kind of question, which you measure your \_\_\_\_\_ on a scale of 1 to 10. Let's say 1 equals no (problem) and 10 equals a (very large problem), where would your teacher/ parent/ friend place it on the scale today?
- On a scale of 1 to 10, with 1 representing no (problem) and 10 being a (very large problem), where do you think you are today?

**4. Have you tried anything to reduce \_\_\_\_\_?**

- Has that helped?
- Is that helpful?
- How long have you tried to solve this problem?
- If you do that, what's different?
- Is there anything else you've tried?

*4a. I won't / can't work harder than you.*

**5. Discuss possible solutions.**

**6. When this problem/issue is solved, what will you do differently?**

- What's different when...?
- What would be happening instead of ...?
- When things are different, what is your teacher/parent/friends going to do?

**7. If you decide to try one solution, what would be the easiest part of trying it?**

- So, do you think you can do that?
- What would it take for that to happen?

**8. Contracting**

- Set specific goal(s)
- Schedule next visit
- Sign log.