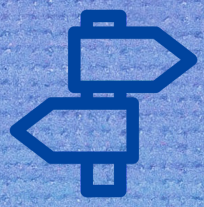
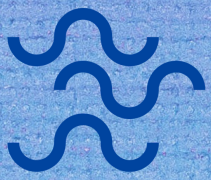
Counseling for the SLP

- Choose a personal metaphor:
  - "I can be a guide to help you on your journey"





- Listen for the surface message... and the deep:
  - "I will never be able to do this"

- Practice full body listening





- Give positive constructive responses

- Clarifying and reflecting:
  - "Let me see if I understand, I hear you saying that..."





- Disclosing
  - (but only what you are comfortable with sharing)



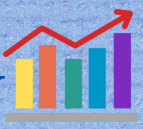
Unconditional Positive regard



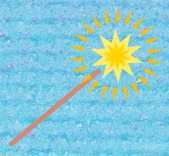
Kathryn Helland, M.S., CCC-SLP

Cognitive Behavioral Therapy

- **Cognitive restructuring or reframing**
  - "I blew the job interview because I'm totally useless"
    "That wasn't my best interview, but next time I will explain about my dysarthria. I am a valuable worker."

- **Guided Discovery** 
  - Get to know their viewpoints and ask questions that might challenge negative thinking
    - "Why do you think you will never be able to make yourself understood?"

- **Exposure therapy** 
  - "Let's plan some practice. Would you like to try reading the morning announcements over the school loudspeaker? We can practice first"

- **Role Playing** 
  - "Let's pretend....."
  - ....we're talking to our boss"
  - ...using our script to talk to the bully"
  - ...explaining how we communicate to a new acquaintance"
  - ...using our AAC to order a latte at Saxby's"

- **Planning appropriate goals** 

  - Successive approximation
    - "I know this feels overwhelming, but we will break it down into smaller steps. We will take one step at a time"

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