

Counselling Steps

Preparation

A

Greeting and Topic

The topic is a headline / question / aim to be resolved during the session. It should be personal, short and clearly defined.

B

Intervention and peers

Explain the method and, if in a group setting, the client chooses the peers for feedback.

C

Build-Up and Briefing peers / Support-Team

5-10 minutes for preparing alone for the client and at the same time briefing of the peers and supporters on their role.

1

Presentation

Presentation of the work (layout of symbols, etc.) by the client, repeating the topic and explaining everything.

2

Factual Questions

Regarding the symbols, objective questions, clarification of understanding. No interpretation at this point.

3

Perception

Directly speaking to the client, no evaluation of the presentation, only about what was seen and heard, objective perceptions.

4

Interpretation

Talking about the client and interpreting what was seen and presented.

4a

Feedback from the client and working process

What did the client (dis-)like to hear? What is important? Reflection on change of perspective or new revelations

5

Agreement and Action Plan

Any additional changes in the picture / layout, SMART-aims, Action Plan

Implementation

Closing