

A top-down view of a desk with various items: a white keyboard, a white mouse, a white coffee cup on a saucer, a blue notebook, a white marker, and several colorful highlighters. The background is a light blue surface.

# Feeling Good as a Counselor: Lessons from Years of Experience

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# AGENDA



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- Introduction
- Look at What you Do Differently
- Striving to Improve Your Skills
- Take Care of Yourself
- Documentation
- Find What Works for You

*Look at What  
You Do  
Differently*

*If you look the right way,  
you can see that the whole  
world is a garden  
– Frances Hodgson Burnett*

# *Look at What You Do Differently*

Social Responsibility - your work helps individuals and society as a whole.

Honorable work – others come to you and share often private and confidential information. It is about trust. It is an Honor.

Positive Impact - the work you do has the ability to change people's lives.

Model Communication – in your work you can serve as a role model for things like problem solving, understanding , caring, etc.

Remember the “How” – how you do your work is equally, or more important than, what you do.

*Commit to  
Learn or  
Improve  
your Skills*

Active Listening Skills

Self- Reflection/Bias/Self-Awareness

Structure Your Sessions

Learn it is not Personal

Prepare for Problem Situations before they happen

# *Take Care of Yourself*

Physical self-care - eat well, exercise, get enough sleep, get medical care

Psychological self-care - reflect, journal, engage in leisure activities, let others help you

Emotional self-care - have pleasant thoughts about yourself, engage in laughter/play, express emotions in appropriate channels

Spiritual self-care - Pray, Mindfulness Meditation

Develop a Self-Care Plan

# *Documentation*

Develop a routine and stick to it

Emotional information can be shared, and it is important that you not carry that with you day after day

The work you do is difficult enough; procrastination make it far more difficult

Accuracy and detail can be lost the farther out you get from the contact.

You just feel better when it is done and the opposite when it is not done



# *Remember*

Finding happiness in your role as a counselor is primarily your responsibility

Find what works for you

What I have presented are a few of the things that helped me and those I have supervised

Questions?



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THANK YOU