**Observation Paper**

Students will watch the counseling videos below and write an 8 page reflection paper on their observations.

**Training Links to be used for observation**:

These links were provided by John Sommers-Flanagan on CESNET: <https://johnsommersflanagan.com/2020/03/14/free-video-links-for-online-teaching/>

1. Counseling demonstrations with a 12-year-old.
   1. Opening a counseling session: <https://www.youtube.com/watch?v=rHHrMC8t6vY>
   2. The three-step emotional change trick: <https://www.youtube.com/watch?v=ITWhMYANC5c>
   3. John SF demonstrates the What’s Good About You? informal assessment technique: <https://www.youtube.com/watch?v=MUhmLQUg_g8>
   4. Closing a session: <https://www.youtube.com/watch?v=GpuH80tf2jM>
2. Demo of assessment for anger management with a solution-focused spin with a 20-year-old client: <https://www.youtube.com/watch?v=noE2wMMNLY4>
3. Demo of motivational interviewing with a 30-year-old client: <https://www.youtube.com/watch?v=rtN7kEk0Sv4>
4. Demo of CBT for social anxiety with a graduate student: <https://www.youtube.com/watch?v=jfVeeGJHFjA>
5. Demo of an MSE with a 20-year-old: <https://www.youtube.com/watch?v=adwOxj1o7po>

Sections to be covered in the Observation paper:

* **Summary of each session** – what did you observe in the video sessions? What specific behaviors did you notice (in the clients, in the counselor(s), in the interactions between client and counselor)?
* **Application of theory** – what specific psychological theory can be applied in order to better understand the client in each video session?
* **Biblical Worldview Integration** – How might integration of a bibical worldview be useful in the sessions?
* **Application of Learning** – What did you learn from observing these video sessions that will be useful as you move forward in the field and in helping others?

Requirements for paper:

1. Must be in current APA format
2. 8 pages in length
3. Must include at least 5 peer reviewed citations within the text and corresponding reference page (these should be used in Application sections)