Description

See the attached case study Choose between a Cognitive Behavioral or Person-Centered approach Entail the following 6 steps: 1. Key concepts List 8-10 concepts from the theory that you believe are hallmarks of the approach 2. Key interventions List 3-5 practices that you believe are hallmarks of this approach; these can be specific interventions, steps or stages, or a key “stance” the therapist adopts 3. Theoretical Understanding In essay format, translate the “plain language” description of your client’s concerns into a theoretical conceptualization. Using the language of theory and as many of the Key Concepts listed above as you can, discuss the following: a. What are the core concerns or struggles for your client? b. What has contributed to those concerns arising? c. What is needed to begin resolving the concerns? Your theoretical understanding section should be 2-3 pages, adhere to APA format, use a subheading for each question, and make use of at least 2 relevant professional sources, cited in APA format. 4. Theoretical Practice Describe what counseling with your client would entail if you were guided by this theory. Using as many of the practices and concepts listed above as you can, discuss the following: a. What would be your “big picture” goals with the client? (use the theory) b. Characterize your therapeutic stance from this approach. c. What would be your key interventions from the theory and how would you use them in a culturally responsive way? What would skillful application entail for your client? Think about things like age, culture, identity, history and other contextual factors. What would you do –or not do—to effectively use the practices from this theory with your client? Your theoretical practice section should be 2-3 pages, adhere to APA format, use a subheading for each question, and make use of at least 2 relevant professional sources (at least 1 new source beyond sources used in theoretical understanding section). 5. Reflective Practitioner Reflect on the “fit” of this theory for you. a. What appeals to you, makes sense to you, or seems helpful to clients? b. What represents a challenge to you in this model—is not a natural fit, challenges your views, or seems hard to understand or implement? c. What is at least one concept from the theory that you can bring into your practice? Your reflective practitioner section should be 1 page and does not require professional resources, but such resources may support or bolster your reflections. 6. Treatment Plan should include clear goals for therapy that align with the theory