

Counseling: A few quick tips



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Train and update yourself constantly



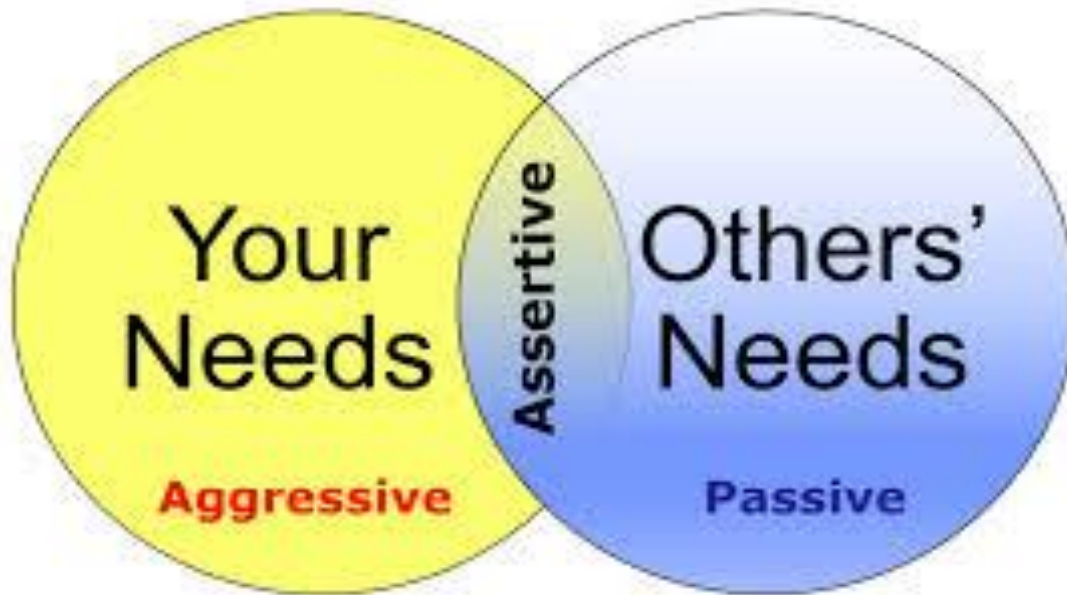
Some options

- ❑ Behavior therapy
- ❑ CBT
- ❑ Mindfulness
- ❑ IPT
- ❑ Eclectic

Develop a good insight into who you are



Be flexible, but not weak



***Track your progress through
sessions, and document!***



***Be honest and explain
what you are doing***

***Sharpen communication skills,
verbal and nonverbal***

***Calm and focus YOURSELF before
you can help others***

Cases

