
Objectives and Program Schedule

MedBridge

Skills for Helping Clients Succeed in Therapy

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Chapter 1: How Do We Interact with Client's in Therapy?

- Review the three ways of interacting with clients as described by Luterman in his classic text (informing, persuading, valuing and listening)
- Understand how different methods can achieve different goals

Lecture and Demonstration: 20 minutes, Learning Assessment: 10 minutes

Chapter 2: How Do We Counsel?

- Utilize counseling microskills and the process of listening to clients to extract a “core message”

Lecture and Demonstration: 40 minutes, Learning Assessment: 10 minutes

Chapter 3: How Do We Respond to What We've Heard?

- Convey understanding of the client's perspective
- Communicate empathy and reflect on what you've heard

Lecture and Demonstration: 15 minutes, Learning Assessment: 10 minutes

Chapter 4: What Types of Other Responses Can We Use?

- Understand when it is appropriate and beneficial to use possible responses (probes, brainstorm, summaries)

Lecture and Demonstration: 28 minutes, Learning Assessment: 10 minutes

Total Time: 1.5 hours