Helper, Help Thyself!

Strategies to Maintain Balance

W. Bryce Hagedorn, PhD, LMHC, NCC, MAC

So where are we going?

- So why do you want to be a counselor?
- A primer on stress
- Transference/Countertransference
- Counselor Impairment
- Stress Management 101
- How to maintain personal Balance

Recipe for a Great Counselor

For best results, don’t omit any of the below ingredients; it takes all of them to complete the recipe!

- Academic Degree (Masters or Doctorate)
- Supervised Clinical Experience (may be after the degree)
- Professional licensure and certification
- Ability to listen deeply without judging
- Empathy, congruence, compassion, & respect
- The most important! (Know thyself – limits, balance, self-care)
The Counselor as a Person

- Counselors must be aware of ______________
- Personal needs of counselors based on unresolved personal conflicts:
  - a need to tell people what to do
  - a desire to _______ from clients
  - a need to have all the answers and to be perfect
  - a need to be recognized and appreciated
  - a tendency to _______ for the changes of clients
  - a fear of doing harm, however inadvertently

What is Stress?

- Anything that causes ______________
  ______________________________________
- Anything that causes ______________
  ______________________________________
- ______________ are just as stressful as real changes

"Demands that tax or exceed the resources of the system" - Arnold Lazarus

Sources of Stress

- ______________
- ______________
- ______________
- ______________
- ______________
Types of Stress

- Stress is universal
- Not all stress is “bad”
- Too much stress can be distressing
- The line between ________ (good stress) and ________ (bad stress)
- Healthful stress levels vary greatly among individuals

Psychoneuroimmunology

- Links between the ________, the ________, and the ________
- Direct impact of stress on the immune system
- ________ of all health and mental health problems are stress related

Does Stress Affect Counselors?

- Counseling can be a hazardous profession
- Some sources of stress for counselors are:
  - Feeling they are ________
  - The tendency to accept full responsibility for clients’ progress
  - Feeling a pressure to quickly solve the problems of clients
  - Having extremely high personal goals and perfectionistic strivings
  - Two biggest sources of counselor burn-out?
  - Not recognizing ________ and countertransference
Transference

- A process whereby a client will attribute __________ from the past on to the current helper
- Transference: the “______” relationship in therapy
  - You need to monitor your personal reactions
  - All reactions of clients are not necessarily transference
  - What is the ethical issue here?

Countertransference

- Countertransference is the counselor’s __________ response
  - Examples:
    - Being overprotective
    - Using “__________”
    - Rejecting a client
    - Needing constant reinforcement and approval
    - Seeing yourself in your client
    - Developing __________ for a client
    - Giving __________ compulsively
    - Desiring a social relationship with clients

Questions to ask yourself…

- What buttons might this client __________?
- What do critical (or seductive, bossy, self-centered, demanding, etc) people stir up in me?
- Do I think of some clients all the time, and others, almost never?
- Am I __________ over others?
- Is personal reflection enough to change my reactions?
Counselor Impairment

- Impaired counselors have __________ and are not able to function professionally
- Shared characteristics of impaired counselors:
  - Fragile self-esteem
  - Difficulty establishing intimacy
  - Professional isolation
  - A need to __________
  - A need for reassurance about one’s attractiveness
  - Substance abuse

What is “Stress Management”

- Knowledge of __________
- This includes the mental, physical, emotional, and spiritual factors associated with stress
- Utilization of several __________
  - Regular ______ of relaxation techniques
  - Periodic ______ of the effectiveness of coping skills and relaxation techniques

What is Balance?

- A constructivist view of __________
- Creating a balanced life in these areas:
  - Spirituality
  - Exercise/Nutrition
  - Work and leisure
  - Friendships
  - Love Relationships
- Involves the __________, the blending of activities, and the attribution of meaning
Why are we not good at Balance?

- The “________________” mentality
  - Lack of attention to our needs
  - Crisis occurs which focuses attention
- Lack of encouragement from “above”
- Desperate times call for desperate measures
- How to best help clients:____________

Once in Balance, **STAY** in Balance

- __________ – a deep involvement and commitment to an ideal greater than oneself
- __________ – reactions to events
- __________ – facing change as an opportunity for growth and excitement
- __________ – all things will work out as well as can be reasonably expected
- __________ – engaging in consistent health behaviors **all** the time