

USE OF BEHAVIORAL MODIFICATION TECHNIQUES
TO FACILITATE LEARNING OF
COMPLEX COUNSELING BEHAVIORS

by *589*

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CHAPTER 1

INTRODUCTION

At Kansas State University, graduate students in psychology, education, family and child development, and other related fields may enroll in a counseling practicum. The practicum is set up so that each student has an opportunity to see clients in a real clinical setting. Prior to this practicum, all students must take a preparatory course in counseling theories. The counseling theories course introduces a wide variety of counseling techniques, allowing the student to discover a particular method or methods that suits his personality best in counseling others.

Regardless of the methods learned in the counseling theories course, the transition from course study to actual client counseling is usually a long and difficult process. Students, in their first time in front of a client with real problems, find it difficult to refer back to textbook cases. At the same time, they are unsure of themselves in handling the case according to their own beliefs. The not uncommon result of this dilemma is a great amount of stumbling, waiting for the client to respond favorably to some stimulus.

Practicum students are required to record all counseling sessions, with client consent. At a later date