



COUNSELLING PLAN | Wellness Counselling Service

Client details

Anika Gupta

Involvement of other agencies/referral information

- The student must summarise any information available from a referral report.
- Otherwise, record the following:

"None noted."

9B: Anika

Anika is currently under the care of a psychiatrist for Schizophrenia

Special needs information

- The student must identify if there are any special needs identified before the session or during the session.
- Otherwise, record the following:

"None noted."

9B: Anika

None noted



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Safety/reporting issues

- The student must identify if there are any safety/reporting issues identified before the session or during the session.
- Otherwise, record the following:

"None noted."

9b – Anika

The student must record the following:

"None noted."

Client's own identified priorities

- The student must record the client's immediate needs and concerns.
- It should contain the following information:
 - the most pressing issues/concerns
 - how long the issues have been in place
 - **impacts the issues are having on the client's life**
 - **what the client attempted to do to manage the concerns**
 - whom the client turned to for support.

9B: Anika

Identify options to obtain employment



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Observed client requirements

The student must record any additional issues they observed and note what the counsellor feels are suitable requirements for their client. Observed requirements are points the counsellor thinks may be helpful to follow up on in future sessions.

9b: Anika

The student must record the following:

- Anika may benefit from strengths-based work to build her self-efficacy around her ability to obtain employment.
- Anika may benefit from further information of her rights in obtaining employment as a person diagnosed with mental illness
- Anika may benefit from support with time management to manage her studies and ensure successful completion of the training program

Goals

- The student must record the results of the goals and agree on courses of action in collaboration with the client.
- The student must:
 1. Identify broad goals derived from the client's presenting problem.
 2. Prioritise the most central issues that cause the problem.
 3. Break each goal into smaller steps.

9B: Anika

1. **Understand support options available to obtain employment**
2. **Enrol in the training program**
3. **Provision of laptop to support access to the training program**

Monitoring



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- The student must record the agreed monitoring arrangement.
- This must be the following:
 - "Agreed to complete a Client Satisfaction form in session 3. "

Counsellor signature

Date