



COUNSELLING PLAN | Wellness Counselling Service

Client details

Christine Baker

Involvement of other agencies/referral information

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

"None noted."

10a: Christine

The student must record "none noted"

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."

10a: Christine

The student must record the following:

"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."

10a: Christine

The student must record:

Client presented disheveled appearance – unusual for her

Suicide risk assessment completed

Risk assessed: low risk

Client's own identified priorities



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- 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.

10a: Christine:

The student must note:

- Client distressed at partner leaving her
- Grieving loss of future no longer possible
- Concerned that may never have children
- Thoughts of suicide
- Not spoken to anyone for support before coming to counselling today

Observed client requirements



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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.

10a: Christine

- Christine may benefit from learning stress management and relaxation techniques to cope when despair threatens to overtake her.
- Follow up on her alcohol consumption as alcohol being used as an unhealthy coping mechanism.
- Follow up on sleep habits.
- Continue to strengthen client's links to life in future sessions, explore passions, job goals

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.
- The following are suggestions for goals based on the information provided in the role-play. The student must collaboratively develop goals with the client and should reflect on the following issues and concerns for the client.

10a: Christine:

1. Develop safety plan
 - a. Identify triggers
 - b. Determine coping strategies to use when triggered
 - c. Identify familial supports
 - d. Identify 24/7 professional support lines available
 - e. Identify professional supports available – crisis care
2. Stabilise client's immediate crisis
 - a. Develop grounding techniques for use in session and outside



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- b. Identify behavioural activation strategies for use outside session

- 3. Identify additional supports available
 - a. Provide information and phone numbers for crisis support helplines – crisis intervention services
 - b. Identify friends, societies, clubs where client may find support
 - c. Identify support groups available locally
- 4. Client to reach out to family for support
 - a. Determine relationship with family and locality for support availability
- 5. Learn stress management strategies
 - Develop stress reduction and calming techniques for use outside of sessions
- 6. Learn mindfulness practices
- 7. Referral to trauma eye movement desensitisation and reprocessing EMDR

Monitoring

- 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