



COUNSELLING PLAN Wellness Counselling Service	
Client details	
Emily Skoro	
Involvement of other agencies/referral information	
<ul style="list-style-type: none">• The student must summarise any information available from a referral report.• Otherwise, record the following: "None noted." <p>10c – Emily None noted</p>	
Special needs information	
<ul style="list-style-type: none">• The student must identify if there are any special needs identified before the session or during the session.• Otherwise, record the following: "None noted." <p>10c: Emily None noted</p>	



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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."

10c: Emily

DFV

Seeking immediate safety for herself and young baby

Mandatory reporting activated

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.

10c: Emily

- Risk assessment to complete
- Client seeks support to leave DFV situation for self and young baby
- Clarification of options available to reduce client's uncertainty of what to do next
 - Client frightened and overwhelmed.
- Identify appropriate supports and referral for housing services – crisis accommodation
- Clarify and referral DFV support services available and how to access, complete referrals as appropriate

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.

10c: Emily

- Once immediate crisis averted, client may benefit from strengths-based work to build her self-esteem.
- Discussion around options for long term housing dependent on client's decision whether to stay or leave partner
- Stress management techniques to cope with stress of situation
- Potentially may benefit from assertive communication techniques to identify and communicate her needs
- Potential couples counselling depending on level of risk assessed and client's decision regarding potential for future violence and her decision to stay or leave

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.

10c: Emily

1. Immediate referral for safe accommodation for client and her baby if client requires to alleviate current threat
2. Referral for DFV specific services
3. Medical assessment – according to harm experienced – referral to GP
4. Assess threat level current and future: presence of weapons in household
5. Develop safety plan to include safety concerns of client regarding future violence



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6. Advise client of requirement for mandatory reporting – explaining Client Domestic Violence Policy
7. Advise client of rights regarding procedures for mandatory reporting
8. Report incident to Child Protection

Monitoring

- The student must record the agreed monitoring arrangement.
- This must be the following:
 - Follow up on referrals made and ability to access required services
 - "Agreed to complete a Client Satisfaction form in session 3. "

Counsellor signature

Date