

Counselling methods

Below you can find some selected counselling methods in a very concise form. Please note that for the proper use of the methods you would first need an introduction or training regarding when and how to use them.

➤ Motivational Questions:

- What could you do if you didn't have the problem?
- How would your life be different if you could get the problem out of your life?
- What things does the problem make you do that you don't like to do?
- How is the problem blocking you from being the person you want to be?

➤ Stimulating conscious and subconscious answers:

If I.....I would.....
 I wished I
 What makes me most angry is.....
 I don't know how to.....
 I need more.....
 I feel
 The main reason is.....
 I don't want to
 What can help me is.....
 The first step is.....
 I could.....
 I wished he/she would.....

- Fairy question
- Dialog with the inner wisdom
- Empty chair (Gestalt therapy)
- Imagination (Hypnotizes)
- The inner voices (Schulz von Thun)
- Decision making with a scale
- ABC-Framework A - Activating event, B - Beliefs about the activating event – rational/ irrational-, C - Consequences, D - Dispute of the beliefs, E- The new effect or consequence (A. Ellis) - See next page -