

RESPECTFUL COUNSELING



**What do you need to be
aware of about yourself to
be an effective and respectful
counselor?**



**What do you need to be aware
of with your client(s) to be
effective and respectful**



The RESPECTFUL Model

- A model of human diversity which
- Recognizes the comprehensive nature of human development
- Consists of ten factors which affect an individual's psychological development and personal well being
- While the 10 factors included in the RESPECTFUL Counseling framework are not an exhaustive list, they are considered to be some of the most important components of human diversity.



RESPECTFUL Model

- R-religious/spiritual identity
- E-economic class background
- S- sexual identity
- P-level of psychological maturity
- E-ethnic/racial identity
- C chronological/developmental challenges
- T- threats to well-being and trauma
- F-family background and history
- U-unique physical characteristics
- L- location of residence and language differences



Religious and spiritual Orientation

How does a persons religious/spiritual beliefs influence psychological development and functioning

Client Assessment:

1. What are the client's religious/spiritual beliefs?
2. How strongly does the client's religious/spiritual beliefs affect his/her your life?

Counselor Assessment:

1. How does your religious/spiritual beliefs influence your life in general and your work as a behavioral health professional in particular?



Economic Class Identity

- Client Assessment: Ask about annual income or SES level - (low, middle, or high).

Ask how one's SES affects the way the client was raised. How does it affect current issues in life, in the family, one's values and biases

Look at SES more from Maslow's Hierarchy of needs and make sure that basic needs are met before higher order needs are addressed

- Behavioral Health Professional Assessment: How does SES affect my current way of thinking and acting, my biases and values



Sexual Orientation and Identity

This involves the ways one makes sense of gender and gender roles.

- Client Assessment: How does this factor impact the client's psychological disposition (clear, confused, frustrated)?

When you think of your self as a male/female what words come to you to describe yourself?

- Behavior Health Professional Assessment: How does your own sexual orientation/identity influences working with the client (comfortable, confident, uneasy). How will lack of confidence/comfort influence your counseling effectiveness.



Psychological Maturity

- Client Assessment: What is the client's psychological maturity from a structural developmental frame work (Piaget, Loevenger, Kohlberg, Gilligan, Ivey)?

What are the clients strengths at this level/stage
what are the challenges

- Behavior Health Assessment: What is my level of maturity and what clients will I work best with (sensory motor, concrete, dialectic/abstract)



Ethnic/Cultural/Racial Background

This involves the psychological differences that exist among people from different and the same ethnic/cultural/racial backgrounds

- Client Assessment: Recognize the within and between group differences
- Behavior Health Professional Assessment: What sort of biases and preferences did I develop from my up-bringing? How do these biases influence my work with diverse clients?



Chronological challenges

- The developmental tasks and challenges based on chronological development
- Client Assessment: Erik Erikson's theory of psychosocial development is one model to look at.
- Behavior Health Professional Assessment: What are the strengths and limitations of my age and the age of the client population I am working with.



Trauma/Threats to personal well-being and sources of social support/strength

- Client Assessment: What are the stressors (religious, racial, chronological) and/or trauma experiences for this client and what are the strengths?
- Behavior Health Professionals Assessment: How do the daily stressors and/or trauma effect my work with clients and what am I doing to nurture my own mental health and well-being?



Family history and influence

- This involves the way the clients past and current families influence one's life
- Client Assessment: How does the client define family, how do the family dynamics affect his/her life
- Behavior Health Professional Assessment: How has family history influenced you, how has this influenced my choice in this profession, what types of families that clients come from may be uncomfortable for me?



Unique physical characteristics

- The unique physical characteristics that cause stress or may be a source of personal pride
- Client Assessment: How do the unique physical characteristics (blindness, hearing impairment, obesity etc.) influence the clients development.
- What are the links between physical challenges and other forms of identity. How does psychological development impact how the client deals with these.
- Behavior Health Professional Assessment: What are the biases towards this client's "physical-ness" and how does that impact counseling this client.



Location of Residence and Language

- How does the location of residence influence his/her development?
- Client Assessment: The impact of living in rural, suburban, urban areas -- What are the different needs, stressors, sources of support in each area.
- Behavior Health Professional Assessment: Awareness that stressors, strengths, values and life styles differ based on location of residence.



Activity

- Take each one of the components of the RESPECTFUL model and do an analysis of yourself as a person and a Behavior Health Professional. Write up your self-assessment. Then, discuss what types of clients will be easy or difficult to work with and why.

