

Journal #2
Arlene Forbes
February 14, 2023

My second meeting with the counselor, Jen Lobert, LPC was on February 13, 2023 @7 p.m.

The group session comprised of three males and two females. The leader opened the session by asking "How is everyone doing today - anything you want to share?". After listening to everyone, she shared her comments. Although this was my second session with Jen, it is clear that she has mastered the art of listening and knows how to redirect the conversations to the topic the topic for the evening.

Prior to the session, she sent us a handout to prepare us for the class, which was a follow-up from the previous class. The handout was about how to control stress. I also noticed that she was able to complete the session within a hour, covering every item on the sheet while giving everyone Everyone had an opportunity to share what was applicable to them.