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### Chapter 15 Essay Questions

(#24)- I studied 11 therapy models, the criteria I would develop to create my own integrative approach to counseling is reality therapy to help clients establish control over their lives while increasing the ability to build meaningful and effective relationships and the techniques I would use to help my clients is self-evaluation to help clients identify their problem and plan to reach their goal, action planning helping them to overcome their problems and achieve their goals, reframing helping them change their ways and when they think about something, behavioral rehearsal helping them practice using specific skills or responding different ways in certain circumstances and relationship habits helping them identify and change bad habits. I would include biblical or Christian elements in my approaches I would grab specific verses in the bible that they can declare over their life and help them pray specific circumstances or even how to have control of your mind or thoughts. (#26)- The meaning of the integrated perspective its an approach that therapy combines ideas and techniques from different therapeutic schools. The advantages and disadvantages of this approach is integrative therapy acknowledges that it is emotional, cognitive, physical and spiritual, resisting previous habits of engaging with the content of patients distress and learning not to interpret patient improvement as indicating therapeutic competence. (#27)-What I consider to be the most important therapeutic goals is that the therapeutic techniques is when we see the results of these techniques to be proven to be effective in the treatment of a specific problem of our clients. (#33)- The four approaches of

developing an integrative counseling style is the theoretical, integration, technical eclecticism, assimilative integration, and common factors approach. What suits best for me is common factors because it associates with positive outcomes and therapeutic changes by the therapist to inspire hope and provide a more plausible view of self and the world.

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