

Suggested Action Steps

Take steps to improve your counseling by selecting one or more of the following to do next week...

Print the Counseling Performance Feedback Form
<ul style="list-style-type: none">➤ Bring to your next appointment and ask your supervisor or mentor to observe your communication, complete the form, and then talk about it with you.
Videotape Appointments
<ul style="list-style-type: none">➤ Use the Counseling Performance Feedback form to document what you did well and any missed opportunities you observe.➤ Talk about your performance with your supervisor or mentor.➤ Create goals to improve your skills and a plan to track your progress.
Role Play Skills
<ul style="list-style-type: none">➤ Pick a skill to practice:<ul style="list-style-type: none">○ Non-verbal communication○ Asking open-ended questions○ Assessing for barriers comprehensively○ Developing a shared agenda○ Developing a joint action plan○ Providing information➤ Identify a peer to practice skills with you and ask your supervisor or mentor to observe and offer feedback.
Identify Mental Health Resources
<ul style="list-style-type: none">➤ Identify resources in your area and create a list of referral sources.➤ Develop a relationship with key referral sources to facilitate collaboration when needs arise.➤ Create a script for how to talk about a referral with your patients and review it with your supervisor or mentor.
Read More About Counseling
<ul style="list-style-type: none">➤ Clark, J.G. & English, K.M. (2018). Counseling-Infused Audiologic Care. 3rd Edition. http://audiology-counseling.com/➤ Rollnick, S., Miller, W.R., & Butler C.C. (2008). Motivational Interviewing in Health Care Helping Patients Change Behavior. The Guilford Press: New York, NY.➤ Harris, R. (2009). ACT Made Simple. New Harbinger Publications, Inc., Oakland: CA.