



SET A COURSE FOR CHANGE™

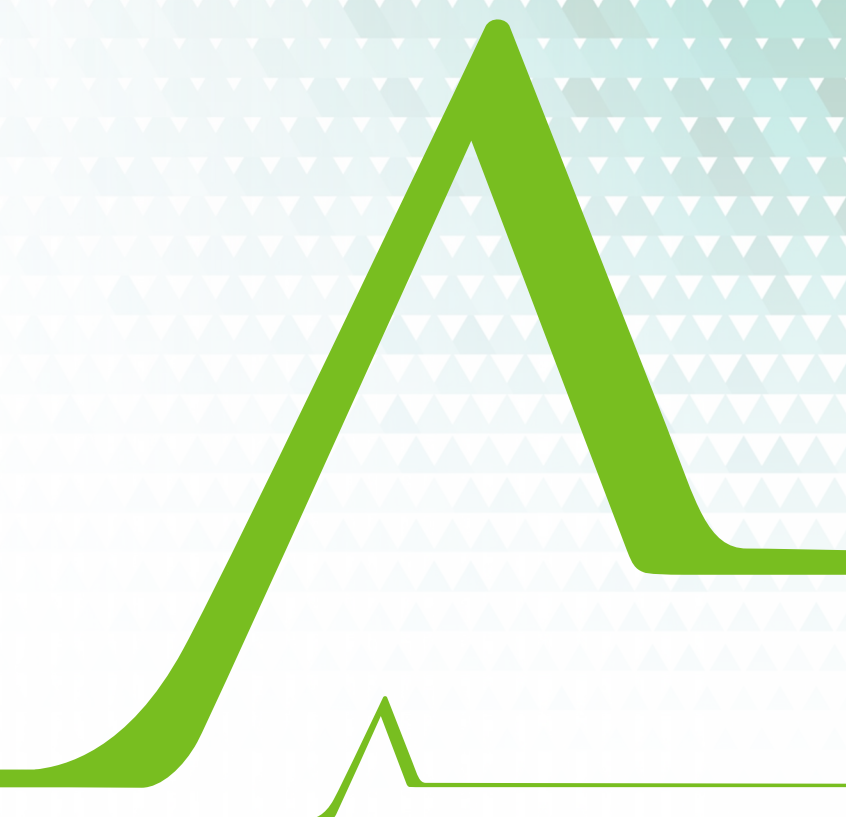
Counseling Skills Resource

MASTERS IN COUNSELING

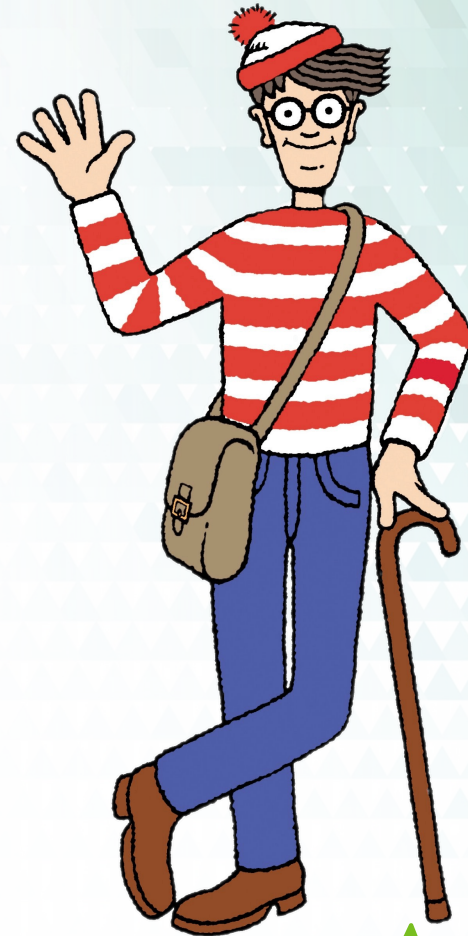
ADT[™]LEM

GLOBAL EDUCATION

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Where's Walden?



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ADT[®]LEM
GLOBAL EDUCATION

Everywhere!



- Founded in 1950 to increase access for working adult learners
- Acquired by Adtalem Global Education in 2021
- More than 100 degree and certificate online programs and over 260 concentrations
- 94% of Walden's 2,800+ faculty members have doctoral degrees
- 174k+ Walden Alumni from over 165 countries

Problem

MS Counseling students need a level of mastery of counseling skills before they can complete their practicum. When students are developing these, or if they need remediation, there was not a consistent or shared resource for faculty to use individually with students or for the School of Counseling to build in as a resource in their Canvas courses.

Solution: Counseling Skills Resource

- A web-based tool that provides definitions of counseling skills, a video and interactive overview of the skills framework (macro, meso, and micro level skills), video demonstrations of the skills, and a case study generator that provides nearly endless practice opportunities.
- The framework video and overview ensure that students understand the relationship of skills to each other, and that these skills do not exist in isolation.
- The video demonstrations open with a shared session, and then students can choose specific skills to see how the counselor would respond if they were using that skill
- The case study generator pulls from a repository of demographic information, session situations, and counseling skills to create a large body of randomized case studies. This allows students to use the tool repeatedly without encountering the same case study.

Benefits for Students and Educators

- Video demonstrations that go beyond definitions, showing skills in action within a consistent counseling scenario.
- Has demonstrations of all skills in one place.
- A case study generator that allows students to practice skills with unique, randomized cases, reinforcing adaptability.
- A reusable resource that can be used in many, if not all, courses in the program; as part of faculty mentorship; and as part of PhD student TA work.
- Houses all the skill definitions in one easy-to-explore resource.
- Supports practice opportunities that change with every click, allowing the resource to be used multiple times.
- Supports students struggling with particular skills.
- Integrates into coursework to provide standardized yet flexible training opportunities.

PLAY VIDEO

Multiple Media Modalities

- 60+ Video demonstrations
- Custom Illustrations and animation
- Images
- Custom html and interactivity
- Downloadable PDF documents

WATCH THE VIDEO
THE COUNSELING TREE



GROUP SKILLS
Demonstrations



INDIVIDUAL SKILLS
Demonstrations



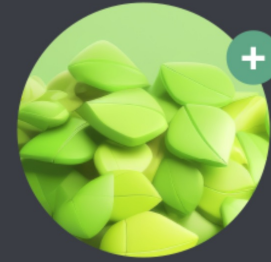
FRAMEWORK



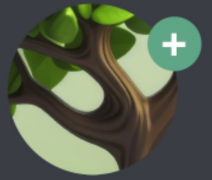
PRACTICE



GLOSSARY



MICROSKILLS



MESOSKILLS



MACROSKILLS

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Video Demonstrations

MESOSKILL	MESOSKILL	MESOSKILL	MESOSKILL	MESOSKILL
RAPPORT	EXPLORE	REFINE	WORK	CLOSE
MICROSKILLS	MICROSKILLS	MICROSKILLS	MICROSKILLS	MICROSKILLS
Physical Attending Behaviors	Open Question	Reflection of Meaning	Silence	Client Reflection/Reverse Reflection Prompt
Vocal Tone and Verbal Pacing	Closed Question	Interruption & Redirection	Confrontation of Contradictions	Client Generated Homework Prompt
Encouragers	Check In/Perception Check/Check Out	Self-Disclosure: Professional	Reframe	
Addressing Unique Culture & Context	Broaching DEI	Self-Disclosure: Personal	Interpretation	
Reflection of Content		Logical Consequences Prompt	Feedback	
Reflection of Feelings			Directives	
Summarizing			Sharing Information	
Expressing Empathy				
Validation				
Immediacy/Here and Now				

Video Demonstrations

Reframe



Directly addressing an expressed perspective and offering a potential different perspective using the same evidence.

Broaching DEI



Inviting an examination of how sociopolitical issues (e.g. race, culture, power, and marginalization) are related to the presenting concerns.

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Glossary

Counseling Skills



MACROSKILL

Counseling Process Management

Managing counseling from beginning to end of services. Example supportive Mesoskills are: assessment/evaluation, diagnosis, working within the ASCA mindset to address the academic, social-emotional, and career needs of students, case conceptualization, treatment/counseling planning, pre-group planning, documentation, terminating the counseling relationship.

Case Study Generator



Select the type of case study you would like to generate.

Clinical Mental Health Counselor : Individual

Clinical Mental Health Counselor : Group

School Counselor : Individual

School Counselor : Group

Counselor Education and Supervision

THANK YOU!

