

Psychology 460
Counseling & Interviewing
Group Task #1

It is important to know how we view the world in counseling and psychotherapy because of the way our views impact our counseling/therapy style.

Get in pairs or triads and answer some of the questions on the handout.

Then, take a few thoughtful moments to write some short answers/reactions to the following questions:

What were some of your ideas?

How were they different or similar to other people's ideas?

How might your beliefs affect the counseling relationship?

What do you think about free will vs determinism?

How do people change?

What is the meaning/purpose of life?

Points for Task: _____ (15 possible)

Name of Student Participant: _____