Psychology 460
Counseling & Interviewing
GROUP TASK #11
Counselor-Client Expectations

Instructions:

Break into groups of eight. Write down as many "realistic" expectations and as many "unrealistic" expectations clients have about counseling as you can think of. Then do the same for counselors. Please be precise and specific as possible. Don't be afraid of writing down absurd or ridiculous expectations. When you are finished, discuss the results and answer the questions on the following page.

Points for Task: _____ (15 possible)

Name of Student Participant: _____

- ❑ How would that expectation influence the process and outcome of counseling?
- ❑ How would you make sure that expectation was known to the counselor and not hidden?
- ❑ How would you make sure that expectation was known to the client and not hidden?
- ❑ How might you become aware of such expectations if they are hidden and influencing the process?
- ❑ How might you go about setting appropriate, realistic expectations for clients?
- ❑ What would you do if you were a counselor for a client who expected that of you? Can we role play that? Who else wants to try?
- ❑ What would you do as a client if you were confronted by that expectation from a counselor?