



# Overview

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- Personal identification with CBT concepts
- Human nature
- View of dysfunction and change
- Roles of counselor and client
- Strengths and limitations with diverse clientele
- Acceptance and flexibility
- Counselor growth



# Personal identification with CBT concepts

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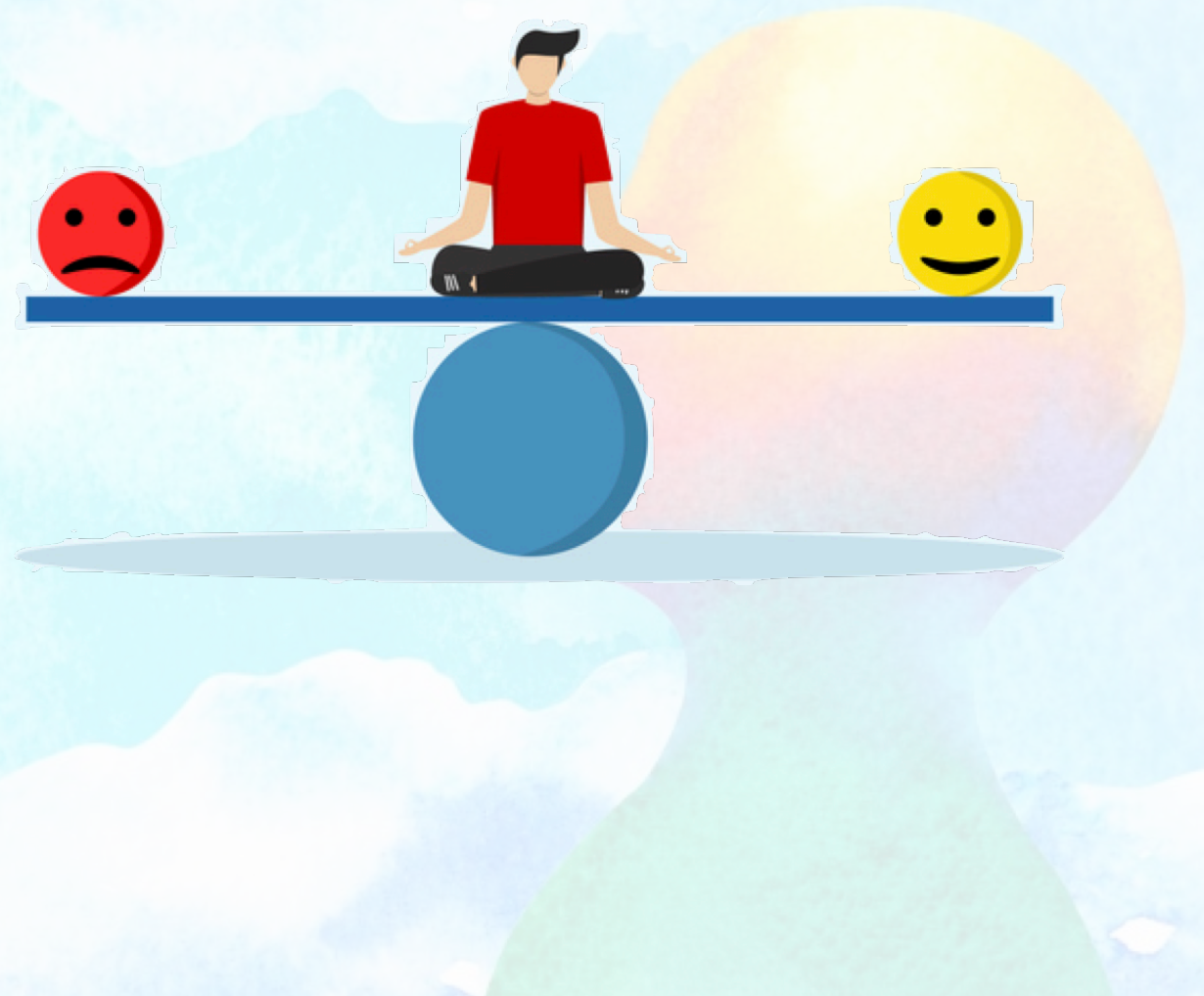
- Cognitive distortions
- Automatic thoughts
- Identify and change
- Positive outcome



# Human nature

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- Genetics
- Childhood
- Life experiences
- Personality
- Negative self-talk
- Automatic thoughts



# View of dysfunction and change

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- Construction of reality
- Identify and analyze
- Faulty schemas
- Beliefs
- Change

# Roles of counselor and client

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- Safe and non-judgmental space
- Trust
- Collaborative goals
- Guided questioning
- Plan of action



# Strengths and limitations with a diverse clientele

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- Cultural upbringing
- Difference in reality
- Thoughts and behaviors differ
- Explorative guided questioning
- Identifying and understanding reality



# Acceptance and flexibility

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- Collaborative goal creation
- Teamwork
- Flexible agendas
- Self-reporting
- Unconditional positive regard



# Counselor growth

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- Research
- Volunteer
- Find a mentor
- Be a client



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[dr-aaron-t-beck/](https://beckinstitute.org/about/dr-aaron-t-beck/)

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