

MMHCABI

THE OFFICIAL NEWSLETTER OF MICHIGAN MENTAL HEALTH COUNSELORS ASSOCIATION BRIDGING INITIATIVE



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"protectr counselors like me"

**Welcome
MMHCA
Students!**

Hello MMHCA Bridging Initiative counseling student,

We are excited to offer you this newsletter especially designed to help build your toolkit as an upcoming practitioner. In this issue, you will find tips on going deeper into your therapy experience and helping the client to heal. The beginning of the year is a perfect time to perfect your skill set. One of the best things about this profession is that we get to help people heal. To do that, we must first dig deeper into our past hurt, past pain, and past in general. Take some time and dig deeper so you can help others heal.

A great way to dig deeper is to ask questions, questions, and more questions. Page 2 gives us a model to follow according to the *Skilled Helper Model* by Gerard Egan. Students at Ashland Seminary Detroit campus, took some time to formulate some amazing questions that you can add to your professional tool belt. Please feel free to save this list and add your own questions to it. Also, email us to share your list of questions.



In honor of Black History Month



Counseling Individuals of African Descent is a March 2019 article published by **Counseling Today** that provides insights for navigating the terrain. Take a look at this article for highlights of the African American experience and of insights into approaches that can offer help towards navigating this counseling experience.

<https://ct.counseling.org/2019/03/counseling-individuals-of-african-descent/>

If there are topics of interest that you'd like to see us cover, please feel free to connect with us at Mmhcabi@gmail.com

THE SKILLED HELPER MODEL AND ASHLAND COHORT CLASS OF 2021

Stage I

1. What's going on?
 - a. What brings you to counseling?
2. Story
 - a. Tell me more about that?
3. New Perspective
 - a. What is another way you can look at this?
4. Leverage
 - a. What goals would you like to accomplish?

Stage II: Preferred Picture

1. What do I need or want?
2. Possibilities
 - a. Where would you like to see yourself?
3. Change Agenda
 - a. What is your goal?
4. Commitment
 - a. How can you be held accountable?

Stage III

1. How do you get what you need or want?
 - a. What are some resources you have?
2. Possible strategies
 - a. What are some possible barriers?
3. Best fit strategies
 - a. What do you believe would be the best way to resolve your issue?
4. Plan
 - a. What is one step you can take this week?



"Our wounds are
often the openings
into the best and
most beautiful part of
us"
- David Richo

READING SUGGESTIONS

50 Questions of Healing
by

George J. Stephens Jr.

NOTE: This is a great resource for your own personal healing as well
as for those you counsel.

- Student members, be on the lookout for monthly email connections -

COMMENTS/SUGGESTIONS?

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