

# **ORIENTATION for Empowerment Counseling (EC) & REBT**

If your counselor knows what style of relating you prefer, your counselor will be able to apply that style sooner. No one style is better than another. It is best that you honestly pick the one that fits best for you for the sake of the working alliance. Please pick from one of the following four counseling styles:  competency based, i.e., focusing on the ability and expertise of the counselor;  formal or strictly professional in manner, tone, and style;  informal, casual, relaxed;  please describe any other style that you would prefer \_\_\_\_\_.

EC draws so heavily on REBT, Rational Emotive Behavior Therapy, that orientation for one is basically orientation for the other. Furthermore, sometimes your counselor will use REBT instead of EC.

EC and REBT are problem-solving focused. However, the problem-solving is primarily focused on your emotions and NOT on your behaviors. There will be times when it is important to problem-solve your and even other's behaviors, however, those are only adjunctive strategies.

Please understand three things about your tasks as a client: (1) by executing or following through with your tasks, you will help yourself to feel better, to get better, and to stay better; (2) you will be trained and helped to execute and complete your tasks and you do not have to do them perfectly for them to help; (3) your doing your work is the main requirement for your counseling to be successful.

The tasks are NOT necessarily listed in their order of importance.

## **CLIENT TASKS**

1. Accept and learn emotional responsibility.
2. At first trust the map of EC in order to learn it, but then challenge it.
3. Become your own EC counselor.
4. Carry out your homework assignments.
5. Collaborate with your counselor on problem-solving.
6. Practice the EC principles you have learned in your daily life.
7. Recognize self-evaluative beliefs and how they cause emotions.
8. Remove self-evaluative beliefs through disputation.
9. Replace self-evaluative beliefs with self-acceptance.
10. Select a specific problem for sessions.
11. Share in the responsibility for your counseling outcomes.
12. Understand life experiences in EC terms.

## **COUNSELOR TASKS**

1. Adjust style and presentation to assist client's involvement.
2. Encourage client to learn and have success in EC.
3. Facilitate client's application of EC in their daily life.
4. Keep the session focused on client issues.
5. Keep the session problem-solving client issues.
6. Keep the session structured in EC and REBT theory.
7. Motivate client to face problems in EC terms.
8. Properly assess problems in EC terms.
9. Reinforce and generalize EC gains.
10. Teach thinking skills that help to problem-solve and cope.
11. Teach emotional skills that help to problem-solve and cope.
12. Teach behavioral skills that help to problem-solve and cope.

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