

Key Considerations for Short-Term Counselling (Humanistic Lens)

1. Theoretical Considerations

- How do **humanistic principles** (e.g. person-centred, Gestalt, existential) align or conflict with short-term work?
- How can **core conditions** (empathy, congruence, and unconditional positive regard) be established quickly?
- Are there specific **humanistic techniques** that are particularly effective in short-term work?

2. Contracting and Boundaries

- How do you **set clear expectations** with clients within a limited time frame?
- Managing **client expectations**: What can realistically be achieved in short-term work?
- How do you **balance depth and brevity** in sessions?
- Ethical dilemmas: What if a client requires **longer-term** support?

3. Client Suitability & Presenting Issues

- Which **presenting issues** are most suited for short-term work?
- Are there client groups that may **not benefit** from short-term counselling?
- How do you **assess client needs** and ensure the best use of time?

4. Techniques & Skills for Short-Term Work

- How can counsellors **build rapport quickly**?
- How do you **help clients create meaningful change** in a limited timeframe?
- Are **solution-focused** or **goal-oriented** approaches useful within a humanistic framework?

5. Self-Awareness & Emotional Impact

- How does it **feel** to work in a short-term framework as a trainee?
- Do you find **time constraints** frustrating, or do they help with focus?
- How do you manage **unfinished work** and feelings of wanting to do more?

6. Organisational & Systemic Implications

- How does short-term work fit within **agency and NHS structures**?
- How do **funding, resource availability, and waiting lists** impact short-term counselling?
- Are clients being offered short-term work due to **what's best for them** or due to **service limitations**?

7. Support & Supervision

- What **support do trainee counsellors need** when working short-term?

- How can supervision help process **challenges, ethical dilemmas, and frustrations**?
- How do you **navigate personal values vs. organisational policies**?