

APPENDIX A

Practice Detailing a Nonspecific Goal

For each of the following examples, provide a response that elicits details of the client's goal.

A. Client: “I want to get better grades.”

Counselor's detailing response: “What is the first thing you will be *doing* to get better grades?”

B. Client: “I would like to do things that would make my parents proud.”

Counselor's detailing response: “So what would your parents see you *doing* that would make them proud?”

C. Client: “I would like to have more friends.”

Counselor's detailing response: “What will you see yourself *doing* to make more friends?”