

5 Goals of Clinical Counselling



1 Enhancing Coping Skills

Helping clients to cope with stressful and novel situations by teaching strategies to adapt.

2 Behavioural Change:

Assisting clients to identify specific behavioural goals and supporting them to work towards achieving these goals.



3 Increasing Interpersonal Effectiveness:

Developing strategies to help clients identify and resolve interpersonal issues, improve communication, etc.



4 Improving Quality of Life:

Identifying a 'meaningful' life. Devising strategies to work towards achieving that life.



5 Motivation to Achieve:

Developing good decision making skills/choices. Increasing self efficacy

