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**Problems and Concerns**

John Williams is facing problems in his life and it regards worrying about his health issues that has been happening lately. As lately John has not been feeling well referring to the reference it is because he complains to his wife about occasionally having light-headedness that almost caused him to faint. John's Boss has been asking him to go for a checkup, but he refused to do so and he did not like the fact that his boss was being superior but he felt that something must be wrong regarding his health. John went to his dentist for a checkup and found out that he has high blood pressure and usually it can damage the heart. Not only John was worried about his health but his wife as well, it was difficult for him because he did not know how to raise the issue with his wife.

When John Williams was at the stage of a teenager, he was an only child of an upper-middle-class African American family living in Atlanta. His parents was successful and hardworking in what they do and to raise John up as well. John was generally positive about things although he was raised in a segregated city, he does not usually feel left out from anything else. Countless dinnertime conversations talking about the opportunities for success. John started excelling in everything he challenged himself in, he then decided to leave Georgia for college but mostly his decision is based on his parents to obey their wish. John stayed with the encouragement of his counsellor and his father's words, he applied to several colleges and was accepted at Harvard University. John having to please his parents because they wanted him to have a college education with "class".

Furthermore, John felt everything was fine until one night he received an invitation letter to join a fraternity. It was a club of all undergraduates gathered in a house and representatives modeled after the "colleges". John felt sure of that he will be excluded because the thoughts of the conflict he felt about his blackness in a white world. John's problem was he overthink about the invitation, he did not expect that he would get the invitation, and the thought of it scares him thinking what would they do to him once he join. He did not want to join the club since he is an African American, there are possibilities he thinks he might be bullied for his race and the barriers in the white society and outweigh his self-respect.

He thought about it and he was tempted to call his parents, the problem he faced was that before John speaks out, he assumes the answer is a negative answer, either they would be proud or congratulate him for being selected or to scold him for even considering it. John was stressing himself out thinking and contemplating about the conflict and realized that it was not because of his father's reaction but his own. John was proud being an African American and he was having the urge of attending the reception for newly solicited members, but the thought of his race is different from them and the rights for White is much stronger to bear if anything happens.

John was at a point he could not speak out his problems regarding about his issues or neither his emotions. For example to his wife regarding his health issue high blood pressure, as much as he would love it when she knows about his condition but he could not raise up the issue and bear to see her worried about him. Other than that the situation regards his parents, John dare not speak out regarding him leaving Georgia for college and the fact that his parents did not felt right and told him to have an education with "class", John had no say is that because he wanted to obey his father's wish. Continuously, John was facing a huge guilt because he could not protest for the surrounding Vietnam and the Civil Rights Movement and it affected him deeply thinking about it. As John wanted to help to protest, he could not because of his studies and his new job at a top law firm that is holding him back from protesting. He felt deeply hurt as he had an idea of donating money to the civil rights group but it did not help much, he could not do anything as for White, they have the power to overpower them. John then decided to move back to Atlanta with new family because he knows that there is where they belong and African American had their roles to play as citizens. His dad then reminded and confused him questioning him who would take up his place for helping the other races in life as individual citizens in the community and the stop racism.

### **Identifying Outcome Goals**

#### **1. Provides a rationale for goal setting**

The purpose of having goal is to let the John William willing to share or speak out his own problem to people that care and love him. As a result, he available to share his problem and think positive. However, he have to fully participate and willing to change

until they overcome the problem.

2. Elicit outcome statements

John will be able to share his problem and this may let him have a better relationship with his family and friend.

3. State goal in positive terms

John has to be more extroverted and sociable. Instead, increase his communication skills and through the communication skills he is able to communicate smoothly with others and he could more easily speak up his opinion and share his own problem.

4. Who owns the goal

John should have the responsibility and control to his surrounding and situation of change.

5. Weigh advantages and disadvantages of goal attainment

Advantages

John might have some changes in his life and willing to speak up his idea and think positive instead sharing his problems he is facing to his closer family and friend he trusts. It will help him to reduce some negative thinking. Sometime negative thinking can lead to a lot of consequences. For example, suicide or hurting ourselves.

Disadvantages

John might have a big impact factor in life which is the past environment will be totally different from now, he has to speak out his idea and he will face some positive or negative feedback. He needs to overcome and solve the problem if there are some negative feedback.

**Defining Outcome Goals**

1. Define behaviors related to goals

John William could hang out with some closer friend. He will start to learn to communicate with others. During the conversation, he might learn to share matters with each other or being an active listener.

2. Define the condition of an outcome goal

John can join the church society that can help him to gain more knowledge in communication. There are many church communities available for him to disclose his own strength.

3. Define a level of change

John is required to write a diary every day. For example, how the progress when he tries to

Speak up. What he learned and the feeling after every time he tries to talk and share. What he thinks he needs to improve and maintain.

#### 4. Identifying and sequencing subgoals and action steps

John should have their own method to achieve the goal by learning to speak up and take a lesson in every conversation and improve himself to become better. First step is to find a person or disclose someone that he is trustworthy for him to share every problem. For example, John chooses his wife to be the person he is trustworthy.

#### 5. Identifying and addressing obstacles to goal achievement

In the process, he will face some negative feedback that might hurt him and give up to achieve the goals. Instead, he will find out that he has the difficulty to trust a person and share his problem. Unfortunately, there will be many of the outcome issues influence his desire to achieve the goal.

#### 6. Identifying resource of facilitate goal achievement

John might get full support and encouragement from his family while he is learning to speak up and making his own decision. A good relationship with family will help him easier to overcome those problems so that he has the courage and positive thinking to share and speak up his problem. In the nutshell, he has to be more responsible and positive on his rate of progress through self-report system.

### **Treatment planning**

One of the treatments that can be used is Behavioral Therapy. The session that we need to use for 7 counselling sessions and the duration on this therapy is 15 to 20 minutes to let the counsellor to explain on it. This therapy is to help clients to make a good adjustment in their life (Herkov, M. 2013). Therapy focuses on modifying the maladaptive behavior to adaptive behavior (Cherney, K. 2013). Based on one of the outcome goals that have been set, the client has to be active on sharing the problems that he faced in his life, but he did not. This behavior is maladaptive as it is a behavioral deficit. In the first counselling session, the counsellor can explain what are the disadvantages of maladaptive behavior followed by the advantages if the client changes his behavior to adaptive behavior. On the next session, the counsellor can use foot in the door technique by setting a goal to the client saying that they have to share their daily issues to one person in three days. The client is required to record

down how many people that he have shared in a day and show it to counsellor on the next session. Reinforcement can be use in this therapy as well to motivate client to move on faster (Graziano.M,2009,p110). Counsellor can promise to client if they manage to achieve the goal, they will get some rewards on it. When the goal is achieved, counsellor can upgrade the difficulty of goal to improve the adaptive behavior. However counsellor has to be aware not to let this behavior excess which means client perform this behavior to much in their life. The session before this therapy end, counsellor can teach client how to maintain this adaptive behavior in future.

The next treatment is Gestalt Therapy. The session that we need to use is about 4 sessions. The duration of this therapy is 15 to 20 minutes. This therapy is focus on holistic, which means see things in different perspective (Seligman, 2006). Self awareness is also concerned in this therapy. In this therapy, it just look at “here and now” which means the present moment. Using this therapy can also help client to know more about themselves when certain issues happen. In the first session, counsellor need to let client know about the unconscious feelings that hide in client himself. Counsellor can play a role play with client with a chosen situation like get racist from others. After the role play, counsellor can ask client that what are their thinking, feelings and action in order to let client to be aware of the actual behavior that in client’s mind. After discovery, on the next session, counsellor can teach client a new behavior and let them to try. If client accept, counsellor can teach client how to improve the desired behavior that he want.

The next therapy will be Rational Emotive Behavioral Therapy. The session that we need to use will be 3 sessions. The duration of this therapy will be 20 to 25 minutes. This therapy is to teach and correct the client’s cognitive. It is to help client to avoid having more of an emotional response. REBT includes ABCDE model, which is activating event, irrational belief, consequences, disputing irrational thoughts and effective thought (Windy.D, 2013,p.1). In the first session, counsellor can explain the model ABCDE to client. Counsellor can teach client to use this model in their life as it is useful in changing self defeating behavior. Counsellor can teach client by giving the real daily issues in client’s life. In this case, client is having problem on racism. On the second session, counsellor can explain the real life experience to client. For example, the activating event

will be not being invited to a club. Irrational belief will be client think that he is being excluded. The consequence will be client feel very sad and he think he is excluded because of his skin colour. Disputing irrational thinking can be counsellor talk to client saying that skin colour does not define your destiny. God will not differentiate skin colour and choose who to bless. The last one will be effective thought, in this stage, client will change their mind set to rational thought rather than irrational thought.

### **Verbatim**

- First Section

John: .....

Counsellor: Then can you tell me more about your job? Why you will choose working in law area?

John: I chose law because my father had a high expectation on me since I was a child. Even I am not really like it but I want to obey my father wishes so that I continued studied law courses in Harvard University after I finished high school. I have a new job in a top law firm after I had graduated. My boss treats me nice but I had an incident one day when I'm in the law office. I felt dizzy, tired and almost caused me faint down. After that, my boss had referred me to see a physician, but I refused to go and I felt angry with my boss.

Counsellor: What you had mentioned just now was you work in a law firm because your father had a high expectation on you but you are not really like it so you have your new job in a top law firm. Your boss treat you good and he referred you to physician after an incident but you refused to go and you felt angry. Am I heard correctly?

John: Yes, you are.

Counsellor: So why are you felt so angry when your boss referred you to physician?

John: I do not know. I was frightened; I felt that something must be wrong.

Counsellor: So in finally was you visit to the physician? What was happened next?

John: Yes, I had. Before taking X-rays, the dentist helped me to check my blood pressure and it was extremely high blood pressure. I do not want my wife

worry about me. I know that high blood pressure is dangerous especially in my ages. I do not know how I am going to raise this issue with my wife.

Counsellor: So what I had heard was you found out you have high blood pressure and you do not want your wife worry about you so that you do not know how to raise this issue with your wife. Is it correct?

John: Yes, you are right.

Counsellor: Okay. Before we end today section, some of the things I would like to stand out. First, your father had a high expectation on you so that you choose law career even you are not really like it. Then, you had the feeling of angry and frighten when your boss referred you to physician. You have healthy issue on high blood pressure and you do not know how to raise this issue with your wife. Does that sum it up?

John: Yes, you did.

Counsellor: Okay. So I will see you in next section and figure out what is the issue that we need to work on. Shall we?

John: Yes, we shall. Thanks for today.

- Third Section

Counsellor: Okay, John. Last time, you had mentioned about you had follow your father wishes to join in law career and you cannot make decision by your own. You always think negatively when you want to make decision. You also stated that you had anxiety with racism prejudice when you studied in your University. By now, you have healthy issue and you do not know how to rise with your wife. Have I miss out any important point or anything else you want to add on?

John: No, that's what I mentioned last time.

Counsellor: Okay. Then today let us work on the goals in our counselling section. Are you ready?

John: Yes, I am ready.

Counsellor: Okay. So in our counselling section, the goal is to let u able to share your issues to others and think positive. The purpose of having this goal is to let



you willing to speak out your own issues to people who love and care you. Example, your parents and your wife. So you have to fully participate in until you can overcome your issue.

John: Okay. I understand with this.

Counsellor: Well. So assume that we are successful, what do you expect as a result of this counselling?

John: I will able to share my issues to others and this will let me have a better relationship with my family and friends.

Counsellor: Okay. Good. This is a positive thought that you should remain. So, who is responsible for making this happen?

John: I should be the person that responsible to this.

Counsellor: Okay, so you stated that you are the person responsible to make this happen. What do you see as the benefits of this change?

John: This may have some changes in my life. I may able to speak out my issues with the person I trust. This will also help me to reduce some negative thinking because I can release out my stress in the form of sharing.

Counsellor: Well. That must be interested. So how could this change make life difficult for you?

John: There might have a big impact to my life because there will be totally different with my past experiences. Besides that, I may get some negative feedback if I become able to speak out my opinion. I have to overcome that negative feedback from others.

Counsellor: So based on what we had discuss just now, you may achieve your goals and make changes in your life but there will have advantages and disadvantages for you to face with. Before end our section, you have the right to make decision whether you want to continue with our counselling section and work on the selected goals or you want to re-evaluate your goals. Another selection for you is to withdraw with this counselling section if you feel not suitable for you to continue our section.

John: Okay. I will continue with this counselling and work on the selected goals.

Counsellor: Okay. So we will continue our next section by next week. See you in the

next section.

- Sixth Section

Counsellor: Good Morning, John. Last week, we talked about some of the things you would like to see happen as a result of counselling. One of the things you want to achieve is be able to share your issues to your family and friends. We identified that there will have concerns when you want to explode your issues to others. There are several ways we might deal with your concerns. So today we might explore some of the procedures that may help. These procedures are things we can do together to help you achieve your goals. How does it sound?

John: Okay. So we will find a way, then maybe I can solve my concern these times.

Counsellor: Okay. Let's us start this section and you may think which way is more workable for you before we end up our section later. I will be giving you some information about these procedures for you to put in this decision.

John: Okay.

Counsellor: First of all, you have the concern to share your own thought and issues to others. One thing we could do is using "foot in the door" in behavioural therapy. The "foot in the door" technique might help you by setting a small goal to let you achieve and then continue with bigger goal. We might set a small goal like sharing your issue to a person in three days' time. After achieve this small goal, then only we set bigger goal. Does this make sense for you?

John: Yes, it sounds great because it is really difficult for me to share issues to others if every moment is needed.

Counsellor: That's a good point. We also can use reinforcement in this therapy to make you move faster. Reinforcement is meaning we can set a reward for you so that if you achieve the goal, then you can get it. This may let you have more motivation to move forward.

John: It's not really interest for me to get reward. So I think reinforcement is not workable for me.

Counsellor: Okay. There are also some other procedure we might do. I would like to know about these action plans too.

John: Like what?

Counsellor: Well, one of the procedures called “Gestalt Therapy”. This therapy is to view in different perspective. Self-awareness is also concerned in this therapy. In this therapy, we focus on “here and now” which mean present. We will start a role play during our counselling section about what recently happen to you. So that after the role play, you can reflect what your thoughts, feelings, and actions that might stay in your mind but you are not aware. This may help you figure out what you have anxiety and worry with your father and your wife.

John: Well, it sounds okay to me. I also like the idea of the “foot in the door” that you mentioned earlier.

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