

ACTIVITY 3.3, HANDOUT 3.3

VALUES AND BELIEFS CHECKLIST

INSTRUCTIONS:

Below are a series of value/belief statements related to counselling. Read each one and mark a score of 1 to 4 on the line to the left indicating your reaction to each statement. Do not spend too long on each statement; give your initial reaction, not on what you think the answer should be. After you have finished marking the 40 statements, add some statements of your own in the space provided at the end of the list.

Coding key:

- 1 = I strongly agree
- 2 = I agree somewhat
- 3 = I disagree somewhat
- 4 = I strongly disagree

- ___ 1. I think I can be most helpful to my clients by giving them good advice.
- ___ 2. I see most of my clients' problems as being self-generated.
- ___ 3. I try to show the qualities of poise and strength as a counsellor to gain the respect of my clients.
- ___ 4. I think personal problems are better handled inside the family than by a stranger.
- ___ 5. I think it is best for the counsellor to come straight to the point in a counselling interview.
- ___ 6. I want to help my clients become fully independent and assertive.
- ___ 7. I see my job as counsellor as helping my clients fit into the mainstream culture.
- ___ 8. I believe that our lives are to a great extent controlled by fate; many problems are beyond human control.
- ___ 9. I like a casual, relaxed style of counselling.
- ___ 10. I believe it is important to get a client to talk about inner thoughts and feelings.
- ___ 11. I need to know my clients' class and educational background before I can counsel them properly.
- ___ 12. I view "professionalism" as keeping a formal distance between myself and my client.
- ___ 13. I think a counsellor should give clients the tools to actively fight oppressive conditions in society.
- ___ 14. I need to do things for my clients until they are able to do them for themselves.
- ___ 15. I believe that the church is one of the best sources of assistance for people with emotional problems.
- ___ 16. I believe fortune-tellers can be good counsellors.
- ___ 17. I prefer never to tell my clients what to do.

* This activity was developed by Janis Galway. It was inspired by an exercise in Pierre Casse's Workshop 1 in Training for the Cross-Cultural Mind, SIETAR 1981.

- ___ 18. I feel responsible for my clients' happiness.
- ___ 19. I feel that to gain trust a counsellor needs to demonstrate to a client that s/he is very knowledgeable and experienced.
- ___ 20. I feel that helping clients keep peace within their families is a high priority for a counsellor.
- ___ 21. I let my clients take the initiative in our conversations.
- ___ 22. I focus on solving my clients' immediate, concrete problems.
- ___ 23. I try to be non-judgemental with clients.
- ___ 24. I think the answers to most people's problems are to be found within themselves.
- ___ 25. I hope to teach my clients problem-solving skills.
- ___ 26. I accept my clients' decisions, even if I don't agree with them.
- ___ 27. I feel that as a professional I should have solutions for my clients' problems.
- ___ 28. I like my clients to see me as a friend whom they can confide in.
- ___ 29. I want to help clients learn how to follow procedures.
- ___ 30. I think people should seek advice and counselling from elders in their community, who are rich in life experiences.
- ___ 31. I let a client know right away if I don't agree with what they are saying.
- ___ 32. I believe it is often the environment that needs to be changed, not the client.
- ___ 33. I feel it is difficult to help a client if you have not experienced a similar problem.
- ___ 34. I use a different counselling approach depending on the age and sex of my client.
- ___ 35. I encourage my clients to focus on long-range goals.
- ___ 36. I think counsellors should disclose personal information about themselves to make their clients trust them more.
- ___ 37. I think I should try to help clients accept their situations in life.
- ___ 38. I focus on empowering my clients.
- ___ 39. I try to help my clients dig down below the surface to explore the real causes of their problems.
- ___ 40. I think the family is the best source of counselling for a person in crisis.

OTHERS (Add your own statements.)

41. _____

42. _____

43. _____

44. _____

ACTIVITY 3.4, HANDOUT 3.4

COUNSELLING VALUES AND BELIEFS CONDITIONING FACTORS

INSTRUCTIONS:

What factors in your background have had the strongest effect on your values as a counsellor? Using the coding key below, code each of the statements in the Values and Beliefs Checklist you completed previously, according to where you think your value or belief has come from. Write the code in the margin beside each statement. If more than one factor has conditioned a particular value or belief, give it more than one code.

Coding key:

- E = your ethnicity
- C = your class
- G = your gender
- R = your religion
- S = your education
- F = your family upbringing
- P = your professional training in counselling

(Add others below.)

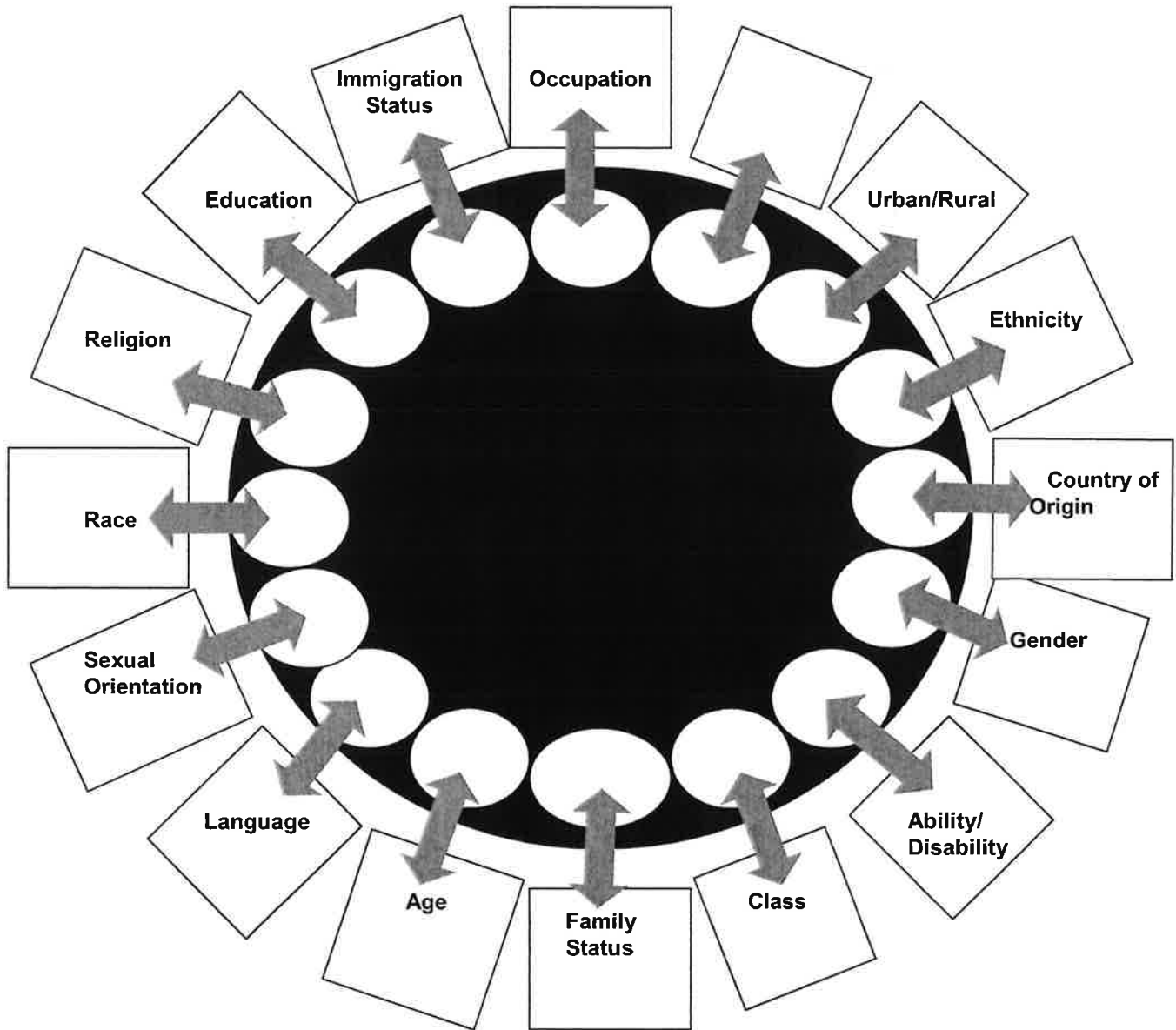
= _____
= _____

Example:

G 1 18. I feel responsible for my clients' happiness.

(The person strongly agrees with this statement, and feels that this value is most influenced by her gender. The reason may be that she feels that as a woman she has been conditioned to feel that it is her role to look after the emotional well-being of others.)

Power Circle



*(Enid Lee & Arnold et al,
1991)*