

Achieving Effective Counseling

- Focusing on the Interval between “Sessions” -

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Abstract

The specialized services provided by counselors are both complex and comprehensive. This study focused on the intervals between counseling sessions to determine what secrets lay behind effective counseling and the process for acquiring them. Data were collected via semi-structured interviews of four clinical psychologists and two individuals from other professions. The KJ method was used to analyze the information gleaned from the interviews and a story was created based on the interview findings. As a result, it was found that one process for achieving effective counseling through greater empathy was reflecting on past experiences in the discussion without involving one's professional knowledge and skills in the discussion. It was also suggested that self-scrutiny within a collaboration of members of a professional community was effective for learning how to heighten one's effectiveness as a counselor and essential to supporting counselors as a profession where multi-dimensional and complex decisions and interpretations are required.