Deanna Stevens

Old Dominion University

HMSV 440W

Professor Crista Gambrell

April 16, 2021

Apa psycnet. (n.d.). Retrieved March 26, 2021, from <https://psycnet.apa.org/record/1999-04107-011>

Annotation- The purpose of this article is to help teens understand that they are teen parents. The article discussed ways counselors can build rapport with their clients. Concerns of teen parents are also discussed in the article. The main focus of the article is helping the teen dad transition into being a parent with guidance. I felt as If this was helpful or relevant to my agency as it deals with teen counseling which they specialize in. Not only does it deal with teen counseling but with young male parents. This is something that is not normally talked about enough. I would like to see how often they get clients who are there for teen parenting as a dad vs mom. This could also help me evaluate if there is any difference’s when they handle teen parents from different genders. A lot of guidance offered in the article is used today as well as ways to build rapport with the client.

Campbell, D. (2007, May). Innovative counselling with anxious children. Retrieved March, 2021, from <https://www.researchgate.net/profile/Marilyn-Campbell-4/publication/27469551_Innovative_counselling_with_anxious_children/links/54bf0c4f0cf28ce68e6b0d1f/Innovative-counselling-with-anxious-children.pdf>

Annotation- This article discussed anxiety amongst children ages 6-17 years old. The article discussed the disorder and how it can affect children who have it. Different forms of therapy for children were discussed and ways to go about doing them. Every child’s therapy sessions will not look the same and the article did a great job describing different ways sessions can operate on. This article was also beneficial to my agency because it deals with children needing therapy, which the agency mainly caters to. This specific reason is anxiety which is very common. I also enjoyed how they discussed successful treatment approaches; this gives me more information to go off of when evaluating my agency. I can ask questions about successful treatment programs within the specific agency I am evaluating, as well as go in with knowledge on these specific treatments talked about. Overall, this article was very informative and will help me when I evaluate my agency.

Eman Tadros, J. (2019). Incorporating multicultural couple and family therapy into Incarcerated Settings - EMAN TADROS, Janelle M. Fye, Christine L. MCCRONE, Natasha FINNEY, 2019. Retrieved March 25, 2021, from https://journals.sagepub.com/doi/abs/10.1177/0306624X18823442

Annotation- The focus of this article was involving counseling with the family of incarcerated family members. This article also addressed the diversity of counseling and incarcerated families. How the family members are affected by members of the family being incarcerated was acknowledged. The mental health services were only involving the incarcerated person, which is good, but the article addressed the absence of the incarcerated individual and how it can affect the family mentally, emotionally, and even financially. I felt this was very important to my evaluation as well because it does address issues as to why some children may enter counseling as well as the entire family. The agency I am evaluating offers family counseling as well so this very much could be something that they help with. This article opened up questions for me to ask when they have families come in and not just the child. This can give me insight into how family counseling differs from one on one.

Geldard, K., Geldard, D., Foo, R. Y., & Du,Xiumin. (2020). *Er tong xin li zi xun = Counseling children: A practical introduction*. Beijing: Ji xie gong ye chu ban she.

Annotation- This book went into depth about what counseling for children will look like as well as the benefits of children getting counseling. There are many ways to go about counseling children and this article did a great job breaking the categories down and thoroughly explain. They discussed skills that can be used with children such as active listening, observation, and ways to handle resistance a child may have towards counseling. The main focus of this book was specifically children’s counseling and all the skills and ways to go about it. This book was very beneficial not only to me but to the agency I am evaluating. The agency I am evaluating mainly caters to children counseling. The tactics that they discussed in this book are things I can bring up during my evaluation. I can also use this to gain knowledge on what it may be like when I do get to this stage.

Lee, C. C. (n.d.). Multicultural issues in counseling. Retrieved March 25, 2021, from https://books.google.com/books?hl=en&lr=&id=Pn02BQAAQBAJ&oi=fnd&pg=PT4&dq=diversity%2Bcounseling&ots=Mp-z8Adc7a&sig=3nj38YvKxsJzAHcfkE4FVZetAfI#v=onepage&q=diversity%20counseling&f=false

Annotation- The main focus of this book is multicultural counseling and offering a perspective on diversity. The book discussed ways counselors can apply their awareness as well as knowledge of other cultures when working with a diverse group. The authors of the book also gave ideas from their own experiences. They were able to give personal experience because they either are a part of a specific cultural group or have a large amount of knowledge of a specific group. The article also stressed the fact that every cultural group is not the same, each client should be approached differently no matter the similarities in culture. This article I felt was extremely relevant to not only my agency but all counseling services. You will always face diversity with clientele as well as co-workers. Being aware of the different cultures is a huge part of successfully getting someone the right treatment. Questions I have for my agency also involve how they handle multicultural counseling and what orders are in place to make sure it is being done properly.

McConnell, R. A., & Sim, A. J. (2000). Evaluating an innovative counselling service for children of divorce. *British Journal of Guidance & Counselling,* *28*(1), 75-86. doi:10.1080/030698800109628

This article discusses the first counseling service for children with divorced parents. The article focused on the qualitative outcomes of counseling during evaluations. This focuses on the parent's approval of the counseling session, as well as the counselor’s approval of whether the sessions have been effective or not. This book caught my attention because it is one of the numerous reasons why children may need counseling at such a young age. The agency I am evaluating more than likely has had sessions with children whose parents are going through a divorce. I felt I could use this since it pertains to reasons why children may enter into children’s counseling. It also focuses on the qualitative side of counseling which can help me think of more questions to ask during the evaluation process. I could also use this as a way to learn of ways they may handle sessions with children coming from divorced parents and compare it to the article. This also gives me another aspect to evaluate which is the parent’s overall approval of sessions when the termination process begins.

McFadden, E. (1986, November 30). Counseling abused children. Retrieved March 26, 2021, from https://eric.ed.gov/?id=ED279914

Annotation- This article's focus was on abused children, different types of abuse, and how to work with children who are abused. The article was broken down into several chapters that addressed every aspect of abuse. Different types of abuse such as sexual, physical, emotional, etc…Approaches counselors can take to assess the children were offered and types of counseling whether it be individual or group. I felt as If this was relevant to my agency because it deals with children going into counseling. This specific reason is also serious. If signs of abuse continue other actions have to be done legally. This is an important part of my evaluation. I would like to know about the process of reporting these incidents as well as how to ensure that counselors are reporting them. Counselors must watch out for signs of abuse and properly report them. This is a great aspect to evaluate at my agency.

Söderlund, L., Nordqvist, C., Angbratt, M., & Nilsen, P. (2008, November 07). Applying motivational interviewing to counselling overweight and obese children. Retrieved March 23, 2021, from https://academic.oup.com/her/article/24/3/442/583494?login=true

The focus of this study was to identify barriers that nurses may experience with obese children. These barriers were typically faced when school health service nurses or welfare centres applied motivational interviewing to their counseling sessions. Barriers that they faced include but aren’t limited to parents believing that the nurses had no interest in assisting or dealing with their child and obesity as well as nurses who knew that the children’s weight was a problem but had no interests in solving it. There were also facilitators in this study which were nurses who accepted the benefits of motivational interviewing and parents who wanted to solve their children’s obesity. This study I feel is relevant to my agency in the sense that motivational interviewing is a form of counseling that was used to help the children recognize and solve their obesity problems. This form of counseling in this study was used by nurses, and it could very much be used by the workers within the agency for this topic. From this study, I can take data from the study and compare it to the type of counseling they use for children there who might have weight concerns. This could help me infer which form of counseling seems to work the best.

Sharp, S., & Cowie, H. (1998). *Counselling and supporting children in distress*. London: Sage.

Annotation- Sharp and Cowie discussed many things that can lead up to a child being distressed and counseling as well as ways to support children during this time in their life. The focus of the article did surround these topics and went extremely into depth about them. As the article broke down into specific categories dealing with counseling and ways to support children in stress it also gave scenarios for each category. After the scenario was given the article spoke about ways to help the child through their specific need. These findings that were discussed at the end of the scenarios are ways we can use today to help children who are in counseling and distress. This article is very relevant to my topic and gives me ways to help children in distress or who need counseling. It also can be useful to my agency if they were looking for new ways to handle situations that occurred within their facility. Parents can refer to this book as well for guidance if they are going through things that relate to children in distress or who are going through counseling.

Tahan, H. (2012). Motivational interviewing: Building rapport with clients to ... : Professional case management. Retrieved March 26, 2021, from <https://journals.lww.com/professionalcasemanagementjournal/Abstract/2012/07000/Motivational_Interviewing__Building_Rapport_With.5.aspx>

Annotation- The main focus of this article was motivational interviewing when it comes to assessing new patients. With motivational interviewing the helper can get information about the client and assess them. They can find out their lifestyle, eating habits and build a rapport with the client. This helps the helper and client to become more successful in ways that involve a healthier diet, or self-care. This article on motivational interviewing is relevant to my agency because it discusses ways to motivate the client as well as build a rapport with the client. It was concluded that motivational interviewing is very successful in many ways. This can be a suggestion to the agency if they do not practice this within the agency. I also felt this was relevant to my agency because it can be used as a resource if I were to recommend it. Many of the practices they discussed are still used currently.