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TIPS FOR WORKING TOGETHER

Over the years, I've found the following ideas helpful when working together:

- ❑ **WHAT ARE YOUR GOALS** – what would you like to be “different” or “changed” at the end of our time together? How would we know if we met these goals?

- ❑ **HOW ARE WE COMMUNICATING** – if you think there is something I don't understand or am not getting, please bring it to my attention. If you don't get what I'm saying, let me know. Sometimes a little extra effort to understand one another is needed when discussing new ideas.

- ❑ **LET ME KNOW IF SOMETHING IS SAID OR DONE WHICH IS NOT HELPFUL** – my goal is to be open to your feedback about our time together. Your comments help me know what you're finding beneficial and more importantly what you're not.

- ❑ **IT'S OKAY TO DISAGREE WITH ME** – really it is! I think it's great when people feel comfortable enough to say they don't agree with me. In the end, if you disagree then it's generally a sign I'm saying something that's not helpful and need to listen more about your situation.

- ❑ **DO YOU HAVE AN AGENDA FOR OUR MEETING** – are we discussing what you want to discuss? Are there issues or situations you want to bring up, which we haven't gotten too? What do you want to be sure to cover today?

- ❑ **HOW ARE WE SPENDING OUR TIME** – At the end of each session, I have you fill out a Session Rating Scale (SRS). This helps me know how the session went. It takes the “temperature” of the visit, so to speak. I ask you to fill this out because the research shows your experience of our work together during the visit is a good predictor of whether we're successful. Of course, I'm always open to hearing your thoughts about our time together. If you have any feedback, please feel free to let me know. Remember, my goal is making sure you get the results you want.