**Assignment 1: Discussion Question: Selecting a Counseling Approach**

Your Name (First M. Last)

School or Institution Name (University at Place or Town, State)

**Assignment 1: Discussion Question: Selecting a Counseling Approach**

 In this case, a 19-year-old boy is feeling unmotivated stressed and worried about his falling grades. He also had to move to a new place for college, which shows that this might be the biggest challenge that boy is facing. Transitions are not easy, especially when you know that you are out of your home from good long years. This seems to be the case of this young man, who is finding it hard to adjust into a new environment which is translating acutely in his studies. His sudden drop in grade shows that low grades are not norm from him and this sudden drop can be associated with the changing environment(“Cognitive, Behavioral, and Psychodynamic Therapies | SpringerLink,” n.d.).

 In this case, I will use a humanistic approach to deal with the body. As all he needs is the support to help him adjust and some motivation that he can fit in the new environment. My counseling approach will be based on empathy, kindness, and understanding. I will let him vent out his emotions and listen to him with sympathy. I won't judge him for his grades and inability to adjust. Instead after listening, at the end of the session, I will give him tips and tricks to deal with his situation(Resnicow & McMaster, 2012).

 The humanistic approach suggests that inner feelings and emotions have an impact on human behavior. So I will help him sort out his emotions and divert his attention to other matters. Following are the questions that I will use.

1. How are you feeling?
2. What do you think is the reason behind your sadness and lack of motivation?
3. Do you previously have any history of depression?
4. How is your relationship with your family?
5. What is the most difficult situation that you are facing in this new place?

All the questions stated above depict he humanistic approach. They show that I am empathetic towards his situation. All these questions will help him pour his heart out and will give me the actual insights about his heart and mind condition(“Psychology Perspectives | Simply Psychology,” n.d.).

**References**

Cognitive, Behavioral, and Psychodynamic Therapies | SpringerLink. (n.d.). Retrieved March 14, 2019, from https://link.springer.com/chapter/10.1007/978-1-4757-9779-4\_8

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Resnicow, K., & McMaster, F. (2012). Motivational Interviewing: moving from why to how with autonomy support. *The International Journal of Behavioral Nutrition and Physical Activity*, *9*, 19. https://doi.org/10.1186/1479-5868-9-19