

Some tips for how to advise a person with the same profile as you or a different profile to your own

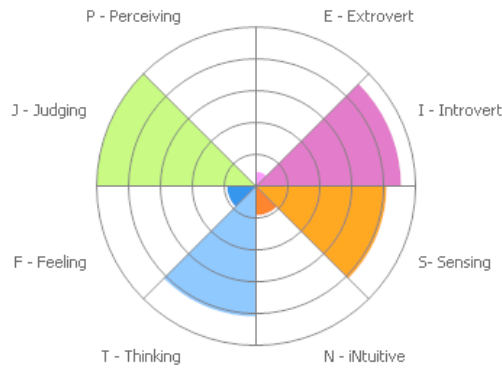
The preference profile can be a useful tool when planning a counselling session. The results can prepare us for how the person you will meet would like to be greeted and counselled.

The preferences and clients' probable behaviour during counselling (Bayne, 2005)

Clients who prefer:	Tend to:
Extraversion	<ul style="list-style-type: none"> want a more active counsellor be less comfortable with reflection be optimistic
Introversion	<ul style="list-style-type: none"> be more at ease with silence be less comfortable with action be less enthusiastic about counselling
Sensing	<ul style="list-style-type: none"> be concrete and detailed go step by step like a "practical" approach not see many options be comfortable with novelty
iNtuition	<ul style="list-style-type: none"> give board pictures jump around from topic to topic see unrealistic options see lots of options overlook facts like novelty and imaginative approaches
Thinking	<ul style="list-style-type: none"> avoid emotions, feelings and values in early sessions need rationales and logic be critical and sceptical want to be admired be competitive
Feeling	<ul style="list-style-type: none"> focus on values and networks of values need to care (e.g. about value, a person or an ideal) be "good clients" want to be appreciated
Judging	<ul style="list-style-type: none"> fear losing control find change stressful need structure need to achieve work hard and tolerate discomfort
Perceiving	<ul style="list-style-type: none"> avoid decisions need flexibility avoid discomfort

Exercise 5.2

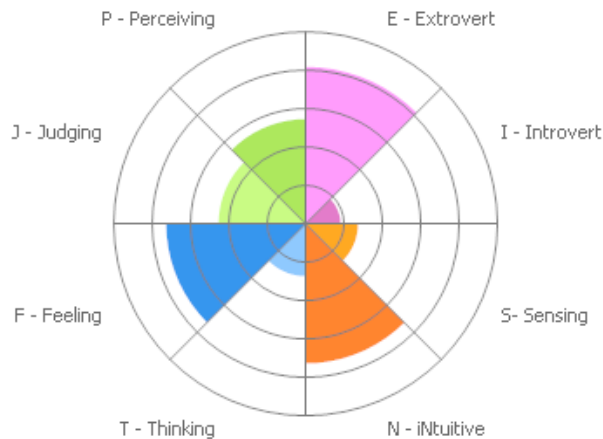
- a. Imagine that you are preparing for a counselling session with a person with the following profile:



What do you need to consider?

Reflect on the type profile of the above person. Compare this profile to your own. Reflect on what you must consider in order for them to experience the most meaningful counselling process.

- b. Imagine that you are preparing for a counselling session with a person with the following profile:



What do you need to consider?

Reflect on the type profile of the above person. Compare this profile to your own. Reflect on what you must consider in order for them to experience the most meaningful counselling process

Tips: You may need to adjust a little in areas where you differ. Where you are similar you may need to prepare for the process compensating for this. For example, if you are both feeling-oriented, it will be important for you to challenge the candidate during counselling to gather facts and information