



Stumped? Counseling at an impasse?

This happens. Ideally you would only have willing participants, interested in doing the work, engaged in their own rescue. But alas, this is not always the case. Here's some stump-jumpers for you:

Go outside. Take a walk and say nothing, or just talk about what you pass by- join them in the present moment.

Ask them how bothered they are by having to do counseling, on a scale from 1-10. Maybe admit that sometimes you don't want to be here, either. Ask what the two of you could do with the time since you are both here, that would be of benefit or appreciated by the student.

Just sit there, say nothing, get comfortable with the silence.

Play basketball.

Talk to teachers, parents, for more clues about what is going on with the student and what they value.

Have them show you their favorite video game, or describe it, and tell why they like it.

Do sentence completions (available as a document).

Make a dream book. Or print "My wildest dream," and try to get them to help fill it out. A dream book has a dream on each page, like a wish or a goal, and then you can go on google images and have the student pick one or two that match their vision and print them to tape into the dream book on the corresponding page.

Tell a story.

Read a book out loud.

Self-disclose.

Watch a movie or video together.

Get out clay or colors and start making or drawing something, leaving some in a space intended for the student to work.

Get a game out and ask if they want to go first or second.