



CDSN MONTHLY MEETING

Founded in 1978 by Carol Feit Lane as a forum for professional Career Counselors
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Date: Thursday, September 19, 2019

**Place: NEW LOCATION – 26 Court Street, Suite 1412
Brooklyn, NY 11242**

**Getting there by subway: A, C, F or R trains to Jay Street/Metrotech
2, 3, 4, or 5 trains to Borough Hall**

NEW START TIME: 10:30 AM – 12:30 PM. The program will begin promptly at 10:30 AM (two hour attendance is mandatory if you wish to receive CEU credits)

Topic: The Intake Session and Beyond: Identifying Clinical Issues in Career Counseling

**Please note: Space is limited. Please RSVP to debra.laks@gmail.com if you wish to attend.
Please put CDSN in the subject line.**

Presentation Description:

The intake session is a rich and crucial moment in the counseling process when we encounter our client for the first time and set the stage for the work we will do together. This is the counselor's first opportunity to hear the client's story and start to identify the primary patterns and themes that will become the basis of counseling. In this first session we begin to assess the client's subjective view of themselves within the context of their worklife and to identify the presenting problems.

By listening to the narrative and asking appropriate questions, we can learn, from the client's perspective, how things came to be the way they are at this moment. The intake also sets the stage for defining our relationship with the client, establishing boundaries, clarifying mutual expectations and setting initial goals. In many ways, everything is present in the intake session, and the rest of the counseling process is spent unpacking it.

The intake session is also a time to begin looking at how it feels to be in the room with this client (counter-transference) and how they feel about being with you (transference). Is the client a help-rejecting complainer? Angry and controlling? Does the client put you on a pedestal and idealize you?

Working with clients from a psychologically informed perspective can enrich and deepen the counseling experience for both the counselor and the client.



Learning Objectives:

- Learn to hear the client's narrative and identify presenting problem(s)
- Define and manage expectations and establish healthy boundaries
- Use the intake session to begin identifying clinical issues that may impact the career counseling process
- Work more effectively with clients who may be resistant, anxious, depressed, filled with self-doubt, extremely negative
- Assess if the client is in need of a referral for therapy

Presenters:

Lynn Berger, our discussion leader, is a Career Counselor and Coach specializing in helping people make the most of their lives and feel fulfilled. In her position she counsels people how to effectively transition to jobs and/or careers, balance their roles and responsibilities and understand the choices before them.

Lynn received both her Master of Arts in Organizational Psychology and her Master of Education in Counseling Psychology from Columbia University. She is a Licensed Mental Health Counselor, National Certified Counselor and Certified Career Counselor. . Lynn has been a Career Counselor and Coach in private practice in New York City for over 25 years. Ms. Berger has appeared as a guest expert on radio and television shows across the country and has been featured in such publications as The Wall Street Journal, the Washington Post, The New York Times, Newsday, Huffington Post, Businessweek.com, Monster.com, etc. She authored the book, "The Savvy Part-Time Professional-How To Land, Create Or Negotiate The Part-Time Job Of Your Dreams".

Lynn was awarded the 2014 New York State Career Development Association Award for Outstanding Career Practitioner. Additional information about Lynn and her background is available at www.lynnberger.com.

Debra Laks, MSSA, LMHC is a Clinical Career Counselor and NYS Licensed Mental Health Counselor. She has been in private practice since 1986 when she founded Career Transition Resources (CTR). Prior to establishing her own firm, Debra served as Director of the Career Counseling Department for a large non-profit organization, and was Assistant Director of Adult Education at Queens College where she coordinated a post-master's certificate program in career counselor training. Debra is a graduate of The National Institute for the Psychotherapies' one-year program, *Psychodynamic Approaches in Clinical Practice*. She serves on the Boards of the Career Development Specialists Network of New York and the Middle Atlantic Career Counseling Association.

Questions? cdsnny@gmail.com