

Stress Intervention Plan Phase 2

Quiz Instructions

Please make sure your answers are both thorough AND concise (do not add fluff). Your answers should be detailed enough so that someone else with limited knowledge could implement your plan and know exactly what, why, when, and how they are doing things to, with, or for your client. I will be looking for evidence that you have learned and can apply the science of stress and stress management.

You will be asked to use 7 unique techniques/activities to help your client. This means that when deciding what to do, any given and specific technique may only be used once. If you decide to use "mind relaxing the body" techniques and/or "body relaxing mind" techniques, you may use only two within each category.

Finally, proofread your answers for grammatical correctness and typos.

Good luck "counselors" :)

TECHNIQUE or ACTIVITY 1

technique 1 name

1 pts

Name a technique/activity. This must be one we talked about in class AND one that will help your client reach their goal.

technique 1 description

3 pts

Describe the technique/activity in enough detail so that "practically anyone" could help your client implement it.

technique 1 relevancy

2 pts

You identified many of your client's issues in Phase 1. Which of these specific issues will this activity/technique address?

technique 1 rationale**4 pts**

Explain why/how this technique will address this issue by referencing one or more specific facts, findings, and/or theories you learned in Stress and Pain.

TECHNIQUE or ACTIVITY 2

technique 2 name**1 pts**

Name a technique/activity. This must be one we talked about in class AND one that will help your client reach their goal.

technique 2 description**3 pts**

Describe the technique/activity in enough detail so that “practically anyone” could help your client implement it.

technique 2 relevancy**2 pts**

You identified many of your client's issues in Phase 1. Which of these specific issues will this activity/technique address?

technique 2 rationale**4 pts**

Explain why/how this technique will address this issue by referencing one or more specific facts, findings, and/or theories you learned in Stress and Pain.

TECHNIQUE or ACTIVITY 3

technique 3 name

1 pts

Name a technique/activity. This must be one we talked about in class AND one that will help your client reach their goal.

technique 3 description

3 pts

Describe the technique/activity in enough detail so that “practically anyone” could help your client implement it.

technique 3 relevancy

2 pts

You identified many of your client's issues in Phase 1. Which of these specific issues will this activity/technique address?

technique 3 rationale

4 pts

Explain why/how this technique will address this issue by referencing one or more specific facts, findings, and/or theories you learned in Stress and Pain.

TECHNIQUE or ACTIVITY 4

technique 4 name

1 pts

Name a technique/activity. This must be one we talked about in class AND one that will help your client reach their goal.

technique 4 description**3 pts**

Describe the technique/activity in enough detail so that “practically anyone” could help your client implement it.

technique 4 relevancy**2 pts**

You identified many of your client's issues in Phase 1. Which of these specific issues will this activity/technique address?

technique 4 rationale**4 pts**

Explain why/how this technique will address this issue by referencing one or more specific facts, findings, and/or theories you learned in Stress and Pain.

TECHNIQUE or ACTIVITY 5

technique 5 name**1 pts**

Name a technique/activity. This must be one we talked about in class AND one that will help your client reach their goal.

technique 5 description**3 pts**

Describe the technique/activity in enough detail so that “practically anyone” could help your client implement it.

technique 5 relevancy**2 pts**

You identified many of your client's issues in Phase 1. Which of these specific issues will this activity/technique address?

technique 5 rationale**4 pts**

Explain why/how this technique will address this issue by referencing one or more specific facts, findings, and/or theories you learned in Stress and Pain.

TECHNIQUE or ACTIVITY 6

technique 6 name**1 pts**

Name a technique/activity. This must be one we talked about in class AND one that will help your client reach their goal.

technique 6 description**3 pts**

Describe the technique/activity in enough detail so that “practically anyone” could help your client implement it.

technique 6 relevancy**2 pts**

You identified many of your client's issues in Phase 1. Which of these specific issues will this activity/technique address?

technique 6 rationale**4 pts**

Explain why/how this technique will address this issue by referencing one or more specific facts, findings, and/or theories you learned in Stress and Pain.

TECHNIQUE or ACTIVITY 7

technique 7 name

1 pts

Name a technique/activity. This must be one we talked about in class AND one that will help your client reach their goal.

technique 7 description

3 pts

Describe the technique/activity in enough detail so that “practically anyone” could help your client implement it.

technique 7 relevancy

2 pts

You identified many of your client's issues in Phase 1. Which of these specific issues will this activity/technique address?

technique 7 rationale

4 pts

Explain why/how this technique will address this issue by referencing one or more specific facts, findings, and/or theories you learned in Stress and Pain.

GRADING RUBRIC

Each of the 7 techniques will be graded the same way, as follows:

Technique name: used the name we gave it in class (1 point)

Technique description: correctly described the technique/activity in sufficient detail

1 = somewhat true

2 mostly true

3 correctly true

Technique relevancy: correctly identified the issue the technique will address

1 = technique is not ideal for the issue identified

2 = technique is ideal for the issue identified

Technique rationale: Explained why/how this technique will address this issue

1 = ok explanation

2 = great explanation

Did this by referencing one or more specific facts, findings, and/or theories learned in Stress and Pain.

1 = to some extent

2 = to a great extent