

The Future of Career Guidance and Educational Counselling

Focus at Taarnby Gymnasium og HF

Counselling in Groups



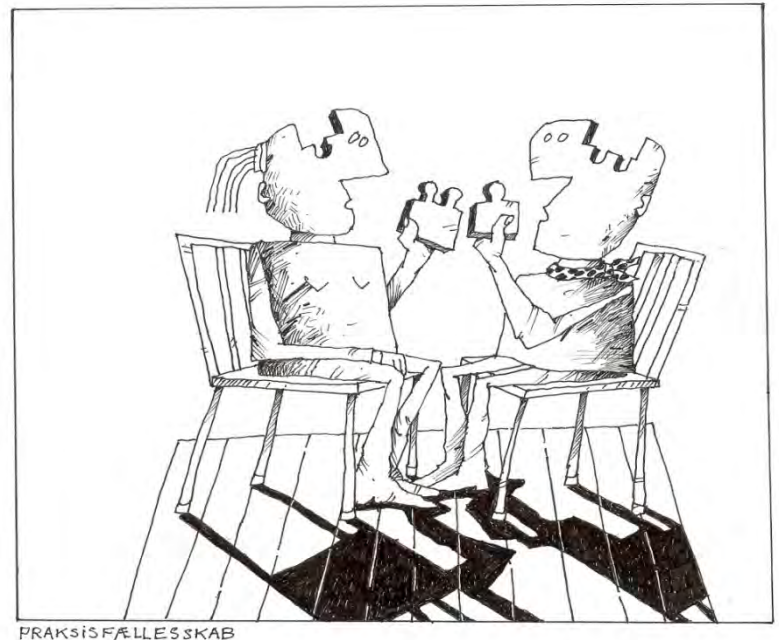
Background

- Taarnby Gymnasium is a gymnasium with 1.000 students -> 1.000 individual interviews -> TIME
- We expected that counselling in groups would save time
- We expected that the method, counselling in groups, would qualify the counselling sessions -> enhancing the students' benefit
- We expected the method would appeal to them because it was new, different and exciting

What characterizes systemic group counselling?

A clear and ritualized form:

- **The counsellor:**
 - Interviewer and gamemaster
 - Thinking caps
- **The students:**
 - Sweet spot or member of a reflective team



Thinking Caps.....

- *I noticed that X.....* -> **testifying**
- *I have had a similar experience* -> **testifying /**
- *When X tells us thatI think that she shows (courage / will power/ curiosity / etc)* -> **recognizing / acknowledging**
- *Maybe it would be a good idea to...* -> **hypothetic / challenging**
- *If I were X I would probably.....* -> **hypothetic / challenging**
- *When I heard X's story I wondered why.....* - > **curious**
- *When I heard X's story I got the idea to ask if* - > **curious**

The Potential of Counselling in Groups

- Offers new lines of action at eye level
- It sets the students' free
- Offers "a Climate of Mattering"

