

## **Statement of Theoretical Orientation**

In order to provide a comprehensive experience, I think it is crucial for a school counselor to be able to use a variety of tools. To that end, I do not find myself wholly within one theoretical framework, but always drawing from many to meet the needs of my students. I primarily draw from Person-Centered and Cognitive-Behavior Therapies as well as from Post Modern Approaches.

Where I find value in how Person-Centered Therapy focuses on positive regard for people and their experiences, Cognitive-Behavior Therapy sometimes takes a more pragmatic approach to how the student's thoughts, feelings, and actions work together to meet their needs. Especially in the high school setting, concrete thinkers are sometimes strained to utilize the abstract tools of Person-Centered Therapy. Post Modern Approaches helps the student look inward and focus on strengths. They are also brief in nature and fit well within the time constraints of a typical high school counseling setting.

When working with a diverse population, it is essential to utilize a variety of strategies to ensure the approach is culturally appropriate. Lastly, maintaining those skills with current research, professional development, and continuous learning is equally vital for the professional school counselor.