



Minority Fellowship Program

The National Board for Certified Counselors

Innovations in Counseling: Working with Minority Populations- Part 4 Session 10: Developing Resiliency Skills in Clients

Webinar Follow-up Question and Answer Session with Dr. Mary E. Jones.

1. **Question from Merida Valera**

When is a good time to talk in therapy session to client about boundary?

Answer

As soon as I can when I see that they are struggling with them, or I see how they have been hurt by others who disrespected their boundaries. Education about boundaries can start as soon as trust is established

2. **Question from Daniel Burrell**

Any advice on what to tell the children about setting t our boundaries?

Answer

With regards to Holidays? One might say “we have some rules about going to _____, so if I tell you we are leaving, please get ready.” Depending on age of child, I would keep it very simple. If older, (15+) I might tell them something along the lines of “Holidays in this family can be quite stressful and we are working hard to avoid that; however, if we decide to leave early because it isn’t going well, be ready.”

3. **Question from Aprile Whitfield**

When your clients reach some improved healthiness in thought/emotions/behaviors do you define resiliency for them?

Answer

I define resiliency early on as in “I am trained in resiliency work so I will be asking you questions about how you got through tough times in the past, will that be ok?” I define it very simply; the ability to bounce back from challenging times.

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