



Innovations in Counseling: Identifying Anger vs. Rage in Minorities

Webinar Follow-up Question and Answer Session with Camille D. Grier, MS, NCC, LPC, CPCS

Question from Claudia Reiche

What are some practical ways of dealing with those open wounds in session (abandonment rage)?

Answer from Presenter

- Preventive ways to avoid Abandonment Rage
- Assist the client in learning everything themselves related to whom, when, how and why fear of rejection causes a rage response.
- Assist the client in committing to stop raging no matter how jealous, empty, lonely, hurt, insecure or unsafe they may feel at that time.
- Assist the client in achieving the goal of exchanging the sense of distrust that feels like abandonment with a willingness to trust another person.
- Assist the client with gaining a greater ability to trust in the present and focus on people they have been able to trust in the past.
- Assist the client with replacing jealous, suspicious, and distrusting words and actions with trusting words.

Question from Allen Vosburg:

When choosing the appropriate therapeutic tool what does the counselor need to look for to positively progress the client forward?

Answer from Presenter

The counselor should always allow the client to lead the process, however as the counselor you should evaluate the progress the client is making or lack there of in a collaborative manner. If it is determined during that review the client is not making the progress they would like to make you should adjust your approach communicating the plan with the client as the process proceeds.



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Question from Allen Vosburg

When initiating the session with a client what should the focus be to start working with a client?

Answer from Presenter

As therapist you should work along side the client to assist them begin working on their identified goals. The initial couple of sessions should be used to determine a plan of action to address the presenting concerns including assignments outside of the session to assist the client with making progress.

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