



The National Board for Certified Counselors

Teaching Wellness, Self-Care, and Empathy to Multicultural Students

Webinar Follow-up Question and Answer Session with Lauren Chase

Question from Kimberlee Ratliff:

What strategies/approaches do you think were the most impactful for students?

Answer from Presenter

In my experience, the most impactful strategies and approaches were the discussions and the empathy video.

Question from Edy Rhodes:

Given Monday's announcement on what is happening with online learning and international students I am seeing an increase in anxiety. I hope that we will have international students at our colleges this coming Fall. Any additional words of wisdom and suggestions on advocacy for us to take on besides contacting our representatives.

Answer from Presenter

I think encouraging students to use self-care in these times is so important, whether that is withdrawing from social media/ the news for the day or doing something kind for themselves. Also, another way of advocacy could be partnering with local organizations in your community that serve diverse clients and see what their needs are.

Question from Allen Vosburg:

How do we start to help the international student to understand that we want to help, when their beliefs and policies might be to the contrary?

Answer from Presenter

I think using empathy is so important here. I always try to start (using my counseling skills) paraphrasing what they are saying so they know I hear and understand them. I always make sure they feel heard and understood before moving on to trying to help/ fix things. Also, I want to make sure they know I respect their culture, and I ask questions if I do not understand.

Question from Allen Vosburg:

What counseling secret could you share that you like to get out?

Answer from Presenter

I think the biggest secret is applicability of these “counseling” concepts to diverse disciplines and individuals. I think the willingness of us, as professional counselors, counselor educators, and counseling students, going out and working across disciplines/ departments to allow the profession to have a broader reach and impact.

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