

# Sixth Day

## Ethics/ Practice Trial

Goal: To understand the importance of confidentiality and prepare for the mock trial

**Confidentiality:** the state of keeping or being kept secret or private.

As SHINE who is taking the concerns of students in CDS, the confidentiality is one of the most important key term that SHINE must remember. We are handling the personal stories of students. Thus, SHINE should keep the words of client for themselves only. The only time SHINE can break the confidentiality is when SHINE find out the issues that are listed on Fifth Day. In fact, they can only break the confidentiality to SHINE, Mr. Musselman and Counselor, Mr. Choi. Other than this exception, they are not allowed to break confidentiality.

SHINE will sign the confidentiality agreement before they start the therapy.

### HEIPING PROCESS: “BIGCAT”

- 1. Build Rapport:** Present yourself as genuine, non-judgmental, respectful and unbiased to increase the likelihood that the student will trust you and feel comfortable around you. Listen actively and show them verbally and nonverbally that you care.
- 2. Identify Problem(s):** Be able to determine why this student is coming to you. Sometimes they will not come right out and say it or they will “talk around” uncomfortable issues. Make sure problem identification is a shared process between you and the student.
- 3. Generate Possible Alternatives:** Work with the student to come up with possible alternatives to their problems. Create an environment in which the student feels safe to explore their options. Allow the student to come up with their own solutions and avoid giving advice. If appropriate, ask them how they have coped with similar problems in the past. While it is fine to lead a student in the right direction, you’ll want to avoid telling them what they should or should not do unless their physical safety is in jeopardy.

4. **Contract a Specific Plan of Action:** Be able to agree upon a concrete, measurable plan of action. If appropriate, encourage them to share their plan with trusted allies who can support them in their behavior change process. Discuss what resources they will need to help them to be held accountable to the plan and its intended outcomes.
  
5. **Terminate.** Be able to identify when is a good time to end the helping relationship and/or session. There are times when it's natural to end a session/relationship and other times that you may have to initiate a discussion about ending the session/relationship. If appropriate, encourage "check-in" meetings with the student to monitor their progress

### **Practice Trial**

Trainees will have practice trial with Trainer before they take mock trial and get feedback. Thus, Trainees should write the script as the client and act out as the client. This activity is the last lesson and section that they will take as Trainees.

**Script:**