

A young woman with long blonde hair, wearing a brown t-shirt, blue jeans, and a tan backpack, is walking away from the camera on a city street. She is walking on a red-paved path with white bicycle symbols. In the background, there are tall buildings, a white van, and a black car. The sky is clear and bright.

# Creative Counseling Techniques for Adolescents

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# Why Creative Techniques?

- Practicing counselor have found that they need many different way to approach their clients.
- Counseling is more than just listening, relationship, and theory.



## Some reasons for using creative techniques

- To make **concept** more **concrete**
- To increase awareness
- To speed up the **counseling process**



## Some reasons for using creative techniques

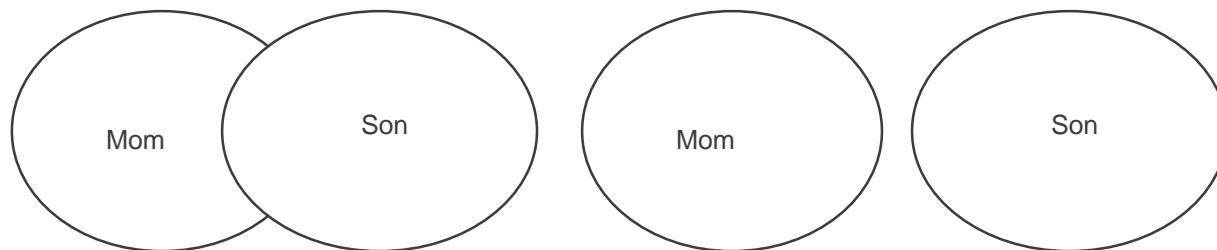
- **To enhance learning, because people learn through experience**
- **To focus the session**





## Some reasons for using creative techniques

- To enhance learning because people are visual learners.
- Example drawing / material / thing.



**Using drawing for clients understand about Emotionally involved with her son**

# การใช้เกมและการเล่น Play and Game methods

- Board game technique
- Toys techniques
- Puppets technique
- Doll house technique



# การใช้ศิลปะ Art method

- Time-line technique
- Magazine technique
- Drawing technique
- Photography technique



# การใช้วรรณกรรมและบทกลอน

## Literature and Poetry methods

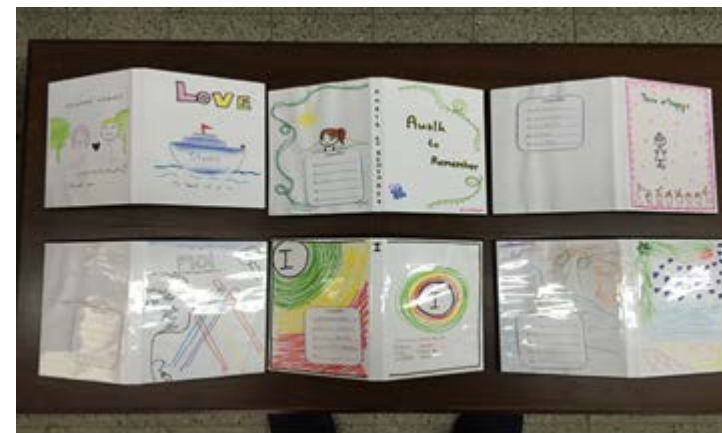
- **Bibliotherapy book**
- **Journal technique**
- **Biographies techniques**
- **Poetry techniques or Poetic life quotes techniques**





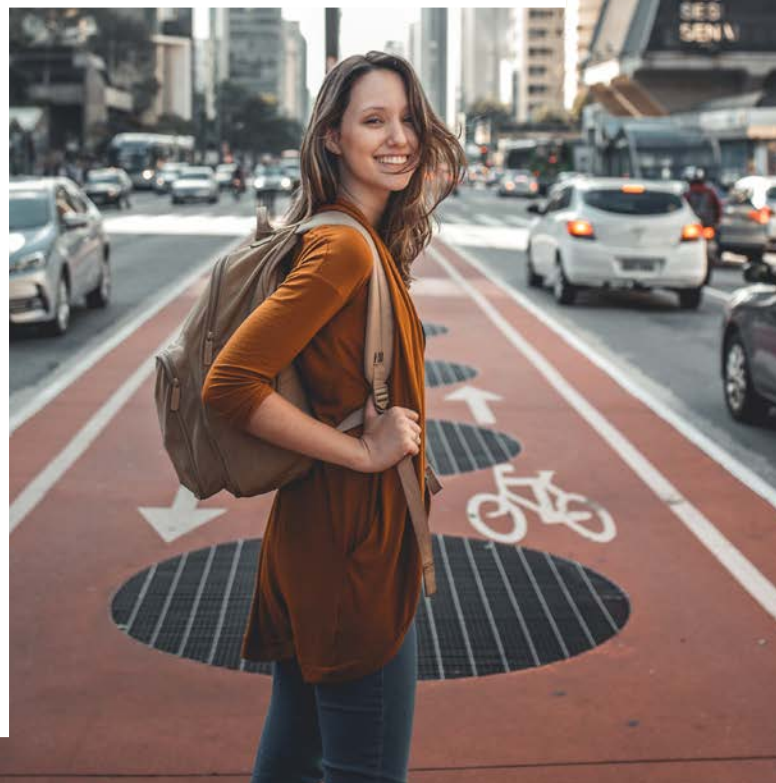
# การใช้ดนตรี Music method

- Choose favorite or meaningful song techniques
- Song writing techniques
- It's my life CD technique
- Music listening technique
- My life music album



# การใช้การเคลื่อนไหวและการบทละคร Movement and Drama methods

- Hand dialogue technique
- Trust walk technique
- Mirroring technique



# การใช้กิจกรรมอื่น ๆ **Activities methods**

- **Astrologer or symbolic techniques**
- **Choose an object techniques**





# THANK YOU

