**BHS 205   
Theraputic Intervention Models**

**Lesson 3 Essay**

**Question**

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**Short Essay: "Personal Reflection Paper” (100 points)**

Write an essay of 500 to 750 words that summarizes what you believe is interesting and valuable in the counseling theories presented in this lesson. In this essay, you must do the following:

* Identify four or more concepts from your Lesson 3 readings that ring true or resonate with you and that are congruent with how you view human nature and the underlying reasons for people’s behavior.
* For each of the four concepts, describe why the concept is interesting or meaningful to you, based on your life experiences and your own understanding of why people develop problems coping with life.
* Describe how each concept might be useful to you in your counseling relationship with clients, including the related counseling techniques that you could see yourself using.

Your essay must include four in-text citations/parenthetical references (one for each concept you discuss) and four corresponding full text citations. At least one reference must be your textbook; the remaining three can be your textbook or any other credible source. Visit the [Rio Salado Library: APA Citation Styles](http://www.riosalado.edu/library/owl/Documents/APARevised.pdf) Web page for examples of how to format citations correctly