may range from a child to an adult, should end up with behavioral coping skills e.g. Assertion skills for a shy student. It is highly structured and short-termed.

2. Counselors should offer warm and genuine relationships. They have to collaborate with clients. They use Socratic dialogue and guide.

3. **Cognitive Techniques:**
   - Eliciting and identifying automatic thoughts eg. Self-monitoring of thoughts.
   - Reality-testing and correcting automatic thoughts eg. Decentring, imagery techniques…
   - Identifying underlying beliefs (acceptance: ‘I am flawed therefore nobody accepts me’, competence: ‘I am a loser’, control: ‘I am a puppet’).
   - Modifying underlying beliefs (eg. Reliving childhood memories).

4. **Behavioral Techniques:**
   - Activity Scheduling
   - Rating mastery & pleasure
   - Rehearsing behavior & role-play
   - Using diversion techniques
   - Assigning homework