

# Advocacy-based Counseling

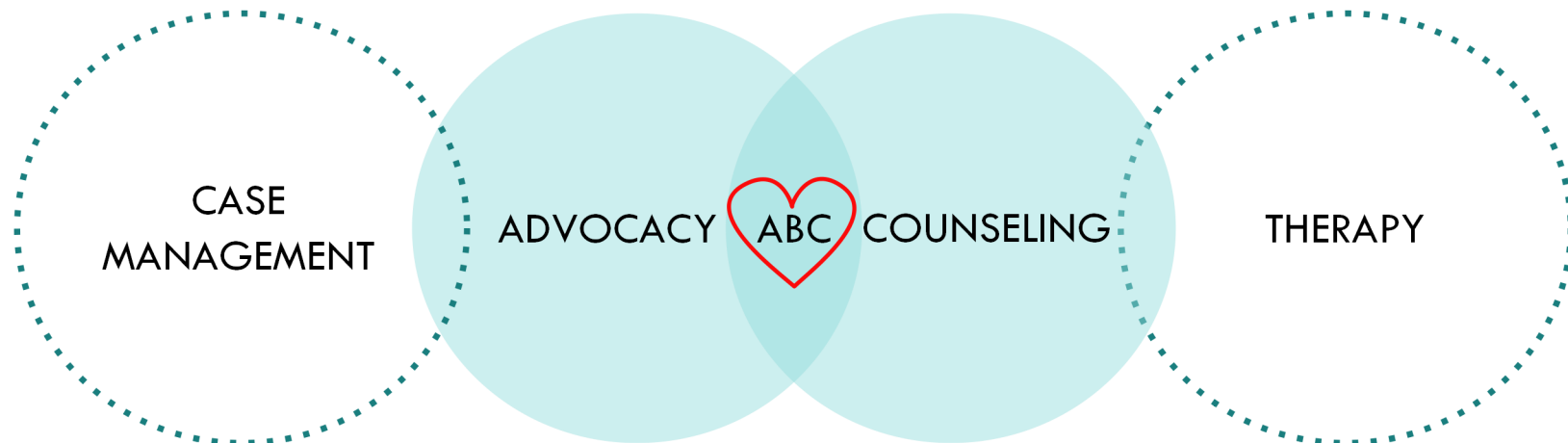
Advocacy-based counseling means the involvement of a participant with an advocate counselor in an individual, family or group session with the primary focus on safety planning and on the empowerment of the participant through reinforcing the participant's autonomy and self-determination. Advocacy-based counseling uses problem-solving methods and includes identifying barriers to safety; developing safety checking and planning skills; clarifying issues; solving problems; increasing self-esteem and self-awareness; and improving and implementing skills in decision making, parenting, self help and self-care. WAC 388-61A-0145

**Case Management** is the coordination of services for an individual by allocating a professional to be responsible for the assessment of need and implementation of care plans [regarding] ongoing needs in areas such as housing, employment, social relationships, and community participation.

retrieved 17 February 2010 from <http://www.cmsa.org>

**Psychotherapy** is a general term for a process of treating mental and emotional disorders by talking about your condition and related issues with a mental health provider.

retrieved 17 February 2010 from <http://www.mayoclinic.com>



## Examples of Advocacy skills:

- Safety & Support planning
- Systems advocacy (housing, protection orders, etc)
- Navigating institutions
- Resources and referrals

## Examples of Counseling skills:

- Reflective listening
- Ongoing support in healing from trauma; rebuilding self-esteem
- Support identifying boundaries, clarifying expectations and negotiating conflict in relationships
- Self-care skill development

\* There are countless definitions and varieties of case management and therapy. We have selected these definitions for their helpfulness in making the distinction between case management therapy and advocacy-based counseling. We believe all of these services to be valuable in supporting an individual's complex needs.