

Name _____

Talking to a Counselor: Unlocking the Benefits of Seeking Help

Short Answer Key

1. One advantage of counseling is emotional support and a listening ear.
2. Counseling helped Vincent van Gogh by providing emotional support and a safe space to express his thoughts and feelings.
3. Confidentiality is essential in the counselor-client relationship to ensure that clients can freely share their thoughts and feelings without fear of them being shared with others.
4. One benefit of counseling for someone with low self-esteem is boosting their self-esteem by highlighting their strengths and challenging negative self-perceptions.
5. Vincent van Gogh created "Starry Night" during his time at the mental health institution.

