

Name _____

Talking to a Counselor: Unlocking the Benefits of Seeking Help

Open-Ended Response Answer Key

1. Answers may vary but could include: seeking help from a counselor can provide emotional support and coping strategies, such as relaxation techniques, to reduce test anxiety.
2. Answers may vary but could include: Counseling and support from Dr. Gachet likely provided van Gogh with emotional relief and the ability to express his inner turmoil through art, which ultimately influenced his well-being and artistic output.
3. Confidentiality is crucial in counseling because it creates a safe and non-judgmental space for clients to share their thoughts and feelings. It encourages people to seek help because they can trust that their personal information will remain private.
4. Answers may vary. Example: I find the benefit of improving communication skills most valuable because better communication can positively impact all areas of life, including relationships and personal growth.

