
My Helping Hand Book

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Purpose:

The helping hand book activity helps clients identify people who serve as significant figures in his or her life. This activity helps clients recognize the strengths and positives of his or her support system, develop an emotional understanding of the significant figures in his or her life, and help recognize that there are many people that can help the client in times of distress. The helping hand book activity is intended to teach the understanding of support systems by creating a “handy” help book that the client can refer to in times of need.

Materials Needed:

Paper, scissors, hole puncher, ribbon/string, markers, crayons, pens/pencils, stickers.

Procedures:

1. Introduce the exercise to the client as an activity that can be used for understanding support systems.
2. Instruct the client to bring his/her attention to himself as well as his/her surroundings, such as family and friends.
3. Ask the client to take a few moments to establish a connection with significant figures in his/her life.
4. Have the client identify the significant figures who would be considered a support system. Identify why these figures would be considered a “helper” and discuss the importance of each person.
5. Instruct the client to create a page for each supporting figure with whatever media they intend to use. Then after each page is complete, have the client put the pages together to create a personalized book.
6. After the client has completed the book, invite them to reflect onto the book with questions below.

Process Questions and Follow-Up:

1. What was this activity like for you?
2. Why did you portray your figure that way?
3. Why did you choose the colors you chose?
4. What did it feel like for you to see your support?
5. How can you use this book in times of distress?

Theoretical Rationale and/or Research Base:

This activity is based on the Family Systems theory. This activity focuses on the understanding and benefits of support systems as the family systems theory focuses on the significance of family dynamic.

Limitations:

Cultural beliefs and values on family support need to be taken into consideration.

Practice Settings:

Counselor Education and Supervision
Mental Health Agency/Private Practice Counseling
School Counseling