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## Creative Interventions and Activities Clearinghouse

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# Teaching the Developmental Relational Counseling Model Using Experiential Methods

*Thelma Duffey and Shane Haberstroh*  
*The University of Texas at San Antonio*

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**Purpose:**

The purpose of this creative intervention is to emphasize awareness of self and others within relationships, and to practice giving and receiving feedback.

**Materials Needed:**

Paper and pens

**Procedures:**

This activity is for use in small groups where members have had opportunities to know each other and provide feedback. Group members discuss how self and other awareness is central to relationships. Group members identify their behaviors that contribute to the welfare of the group. Each member identifies patterns of behavior that are counterproductive in the group, and then shares these behaviors with one another. Allow the group time to process reactions. Members provide written feedback to one another, describing specific behavior patterns they have observed in each other that contribute or distract from the welfare of the group.

**Process Questions and Follow-Up:**

Brainstorm creative alternatives for new behaviors

**Practice Setting:**

Counselor Education