OUTLINE

• EMERGING ADULTS AND CAREER
• GUIDED IMAGERY
• ACTIVITY
• PROCESS
EMERGING ADULTS

- 18-29
- LOVE, WORK, WORLDVIEWS
- ADOLESCENT WORK EXPERIENCE
- WHEN TO USE THIS
GUIDED IMAGERY

CONTEMPLATE NEW POSSIBILITIES, TEST OPTIONS, AND EXPLORE CAREER CHOICES
- CREATE A SAFE SPACE
- FIND A RELAXED STATE
- DESCRIBE FANTASY
- PROCESS FANTASY
- CLIENT’S NEEDS
- RAPPORT
- CLIENTS COMFORT WITH FANTASY
- WRITING, DRAWING, & TALKING
LET’S TRY

WHAT IS OUR SPACE LIKE TODAY?
WHAT QUESTIONS DO YOU HAVE FOR YOUR CAREER?
HOW DO YOU BEST COMMUNICATE?

BREATHE

LET’S BEGIN
PROCESS QUESTIONS

- How does this feeling impact your decisions?
- What feeling followed you to today?
- What images linger in your mind?
- What was your reaction when you got to work?
- What did you see that surprised you?
- What are your next steps?
IMPLICATIONS FOR PRACTICE

THIS CAN BE USED WITH OTHER POPULATIONS
QUESTIONS
References


Thank You!
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