

Biopsychosocial Assessment

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Dr. Amy Wenzel (2014) showcased several key counseling skills during Josh's intake interview, including active listening, reflection, and open-ended questioning, which fostered a supportive environment. Active listening was a standout technique, evidenced by her attentive body language, paraphrasing, and validation of Josh's concerns. By maintaining eye contact and offering affirming responses, she built trust and openness. Reflection was also crucial, as it highlighted Josh's emotions and thought patterns, allowing him to feel heard and encouraging deeper exploration of his struggles with anxiety and avoidance (Egan & Reese, 2019).

Furthermore, Dr. Wenzel (2014) effectively utilized open-ended questions, enabling Josh to articulate his experiences and challenge unhelpful thought patterns. This approach facilitated cognitive restructuring, helping him identify automatic negative thoughts and reframe them using CBT principles. Overall, her blend of empathy and structured intervention created a therapeutic environment that was both supportive and goal-oriented. By reinforcing Josh's autonomy while providing guidance, she modeled effective therapeutic engagement and motivated him for treatment. Her methods exemplified how active listening and CBT techniques can empower clients to better navigate their symptoms (Egan & Reese, 2019).

References

- Egan, G., & Reese, R. J. (2019). *The skilled helper: a problem-management and opportunity-development approach to helping* (11th ed.). Cengage.
- Wenzel, A. (2014). Cognitive behavioral therapy for anxiety and depression (session 1 of 6). In *American Psychological Association*. <https://doi.org/10.1037/v00519-001>