

# Standard Practices of Lay Counselors



THE  
LAY COUNSELOR  
ACADEMY

## STANDARD PRACTICES WITH CLIENTS



Developing and  
Maintaining a Therapeutic  
Alliance



Communicating  
Unconditional Positive  
Regard



CBT and Behavioral  
Activation-informed  
Practices



Communicating Empathy



Developing and  
Maintaining Collaborative  
Goal Consensus



Avoiding Advice and other  
Anti-Growth Missteps



Acknowledging Feelings



Motivational Interviewing-  
Informed Practices



Comfort and Humility in  
Engaging with Clients  
around their Experiences  
Racism/Discrimination and  
Positive Cultural Identity



Skillful Listening



Trauma-Informed Practices



Affirming & Amplifying  
Strengths



# STANDARD PRACTICES FOR LAY COUNSELORS



Self-awareness Practice to Identify Bias, Stigma, Judgment and Privilege



Recognizing and Managing Distress Empathy



Adherence to, the LCA Ethical Code of Practice.



Countering and Mitigating Bias, Stigma and Judgment



Adherence to, Safe Counseling Practices, including those related to Suicidality, Boundaries & Mandated reporting



Clear, Efficient, Strength-Based Documentation



Seeking & Optimizing Use of Clinical Support & Supervision



## SELECTED EVIDENCE-BASE



### Developing and Maintaining a Therapeutic Alliance

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## STANDARD PRACTICES FOR LAY COUNSELORS



### Self-awareness Practice to Identify Bias, Stigma, Judgment and Privilege

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## Recognizing and Managing Distress Empathy

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## Understanding of, and Adherence to, Safe Counseling Practices, including those related to Suicidality, Boundaries & Mandated reporting

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## Understanding the Importance of, and Adherence to, the LCA Ethical Code of Practice.

- » The Lay Counselor Code of Ethical Practice



## Clear, Efficient, Strength-Based Documentation

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