



## Engendering Hope For Transformational Change

By

**Jack Perkins, D. Min., LADC, CSAC**

### **Description of Presentation**

A review of the history of counseling continues to evolve as more is learned about the primary role of a counselor in the process of helping clients deal with co-occurring issues. What is the role of a counselor? Is counseling a science? An art? Or both? The range of theories of counseling spans a wide spectrum (e.g. family and tribal leaders, Change agents, hypnotism, psychoanalysis, behaviorism and humanism, integration of theories, the integration of counseling and neuroscience, etc.). Research has demonstrated that the relationship between the client and therapist is the most critical aspect for a successful experience. The therapist's role is primarily to create a setting by which clients recover their self-concept and regain a sense of self-sufficiency. This environment will inspire change that transcends the specific approaches used by the counselor. This workshop will explore a theoretical understanding of transformation that transcends specific theoretical models.

### **Objectives**

- 1) Develop a theoretical perspective for the integration of various theories of counseling.
- 2) Gain an understanding of the role of the counselor in the development of a therapeutic alliance as an agent of change.
- 3) Create a model, one that incorporates motivational interviewing, counselors can utilize that will develop hope for counselors and clients, one that results in transformational change

### **Bio**

Jack is the founder of Psyche Education, Counseling & Coaching Services. He also serves as a clinical counselor at MONARCH (Contract), an Integrated Dual Diagnosis Counseling Specialist at Rose Rock Recovery Center (Temporary) and Weekend Program Therapist at Brookhaven Hospital. He previously served as the Executive Director at Clay Crossing, a faith-based co-occurring residential facility for men. Prior to this he served as the Admissions Director at Rose Rock Recovery Center, a 48 bed residential facility serving women with co-occurring issues—a trauma specific model utilizing the Sanctuary Model. In his doctoral dissertation/project he integrated spirituality, human development theories and

psychotherapy. He has 30 plus years of professional experience from a broad range of experiences (i.e., seminar leader, adjunct teaching, addiction and trauma specific counseling, clinical training/supervision, workshop presenter, administration, research, program development, institutional assessment and development, community service and leadership development, reentry/criminal justice, pastoral and chaplaincy, etc.). In his studies and doctoral research, he focused on the integration of spirituality, human development theories, and psychology.

