

Discussion: Selecting Assessments

The Alexander Street Videos include many selections that cover specific issues, diagnoses, and treatments. Consider the population that you hope to work with as a counselor, such as at-risk youth, or people with anxiety. Use the Mental Measurements Yearbook (MMY) and the Alexander Street Videos (AVON in the Walden Library) to find out more about these topics and appropriate assessments.

To Prepare:

- The Walden Library has licensed a collection of videos from publisher Alexander Street, which include many relevant to counseling and therapy. To access these videos:
 - Access the Walden Library and select Databases A-Z on the home page.
 - Then select Academic Video Online (AVON)
 - The next screen is the home page for Alexander Street Videos
- Search for assessments on topics such as depression, suicide risk, and other topics. Find videos of assessments that correspond to these topics of interest.
- As you review these videos, and through your search of the MMY, think about the population that you hope to work with as a counselor. Consider which assessments would be appropriate to use with this population.

By Day 3 of Week 9

Post your reflection. Also describe:

The population you hope to work with as a future counselor

In the future, I plan to or hope to work with clients suffering with grief and loss. When my grandmother passed while I was in undergrad, I suffered tremendously and do not feel like I have truly taken the time to seek assistance with this process. In addition, in my community, I have experienced firsthand, close friends and relatives suffering from the loss of a loved one and not seeking the necessary assistance to cope with the issue. I have witnessed people suffer with anxiety as well as depression. Therefore, grief is just something I have been interested in acquiring more knowledge about and gaining the tools and skills necessary to assist clients in need with this issue.