

# ***Potential Benefits of Consultation***

***at***

***The Resiliency Center of Santa Barbara***

**by**

**Revel Miller, Ph.D.**

Psychologist



***THE RESILIENCY CENTER  
OF SANTA BARBARA***

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**Psychological Solutions to Improve Your Quality of Life**

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## Introduction

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In this article, I will present some of the potential benefits you may experience with me in a consulting relationship. These benefits can also be referred to as goals, results and outcomes. You may derive these benefits whether you are a parent, a separating or divorcing spouse or partner, or a care giver.

I do not guarantee that you will reach your desired goals. And I make no promises that you will achieve the outcomes that you desire. But nevertheless, by seriously participating and committing to your own goals and making changes, you should receive some valuable benefits that will impact your life, children, family and friends. Hopefully, you will reach your prioritized goals and even surpassed your original expectations. That is my intention for you.

In consultation, we work together to reach your desired goals. We assess your current strengths, goals, situation, past attempts to make changes, and anticipated barriers to success. Once your goals are clearly identified and prioritized, I will develop and present a plan to achieve your objectives. This strategic plan is customized to your unique situation, abilities and desires. Aspects of this plan are negotiable and can be changed as deemed necessary. If you agree to adopt our finalized plan, then we will follow it and overcome obstacles as they inevitably arise. You will commit to assignments to complete between sessions and we will review your progress in fulfilling those assignments. Along the way, we will monitor your overall progress.

Consulting with a psychologist like myself is a cooperative educational venture. It is also action and results oriented. You are not a passive participant. I help you focus and stay accountable and you do the needed work. I will educate and advise you. And we will brainstorm together. We must work together like a 2-person team. But you make all of the final decisions about what to apply and experiment with. I will create the agenda to focus on and constantly adapt it to your situation and requests. And, I will hold you accountable to follow through with your commitments.

My style of consulting is an intense learning experience. To benefit from this guidance, you must put in effort to practice new skills and work toward your objectives. There is no magic and it is not a fast change process, especially if you want lasting results. Consultation is not psychotherapy and we will not be in a treatment relationship.

The benefits are the value that you receive from consultation and education. In order to attain your goals, together we invest our energy, time and talents to work toward success. As in any skill building or performance oriented achievement, you will earn what you put into it. And, you will need to give up some old familiar ways in order to gain new abilities and strengths.

My consulting approach is goal-oriented and results-driven. We will be focused. We don't meander for very long into non-productive areas. We must work in concert to succeed in reaching your desired results. Over time, your goals may change and new targeted goals may arise. As we move forward, you may uncover new issues to address. There will be some hidden surprises and new discoveries along the way. When this occurs, we will review our agreed upon plan and decide what revisions to make and what new course to take.

By reviewing the sample list of potential benefits below, you may clarify your personal goals and get inspired about what's possible for you. Remember, the results you experience are your responsibility to achieve. You must strive for them. And I will be by your side supporting you all the way. But make sure your expectations are realistic and that what you want is achievable.

## Type of Possible Benefits to Expect

Below are three sample lists of what you might strive for when consulting with me. It does not include all possible outcomes. But it should provide you with some focused ideas about what you might work toward and achieve in your consultation with me.

Find your consulting category of interest and then review the list of benefits. Then determine which outcomes resonate with you. The results listed here indicate the types of problems and issues that I deal with most frequently when assisting clients to overcome obstacles or to make significant changes in their lives. It should help you determine whether or not we may be a good match. This list is not exhaustive and you may strive for and attain a number of outcomes not shown here.

## Choose the Benefits You Want to Achieve

Please check off the goals that you want to achieve in consultation. And, in the empty bullets at the end of the list, write down any additional desired outcomes that you are motivated to pursue. Try to limit yourself to marking only those results of great personal significance for you now.

## **Three Consulting Categories and Benefits**

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### **Marital Separation & Divorce Benefits**

- Manage yourself and your divorce more effectively
- Go through separation and divorce with support and assistance
- Deal effectively with your attorney and legal matters
- Make tough decisions with less anguish and regret
- Stop blaming your spouse and start working toward a new life
- Develop stronger parenting skills and family values
- Provide needed support and structure for your children
- Manage your divorce with less hostility, conflict and pain
- Overcome hurt, resentment and anger
- Get through the divorce in a cost-effective and timely manner
- Develop cooperative co-parenting plans
- Let go of the old and carve out a better future
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### **Parenting & Family Benefits**

- Develop strong and loving bonds with your children
- Positively influence your children
- Develop your own parenting philosophy and strategies
- Parent your children more consistently and adequately
- Teach nurturing family values for your children to live by
- Reduce parent-child conflict and opposition in your home
- Handle teenagers with poise and self-assurance
- Get back in control of your home life
- Unite with your spouse to raise your children with values that you both share
- Blend biological, half and step family members more effectively
- Co-parent children with your ex-spouse in nurturing and predictable ways
- Become a positive parenting role model for your children
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### **Caregiver Stress Benefits**

- Fulfill your own needs and desires by taking care of yourself
- Start taking guilt-free health and renewal time for yourself
- Learn better ways to influence and respond to the one you care for
- Reduce your stress in order to become stable and strong in your situation
- Decrease your isolation and loneliness
- Identify how you can be a better caregiver

- Learn how to defend yourself against your loved one’s frustrations
- Prevent your family from being over-burdened
- Stop building resentment, frustration, guilt and sadness
- Learn to set limits to prevent over-dependence and resentment
- Improve your quality of life
- Protect your physical and mental health
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**Highlight the Top Benefits You Seek**

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Now, review the benefits and results that you checked off or wrote down in the list above. You may have marked many in your category. However, you will probably be able to focus on accomplishing only a few of these goals at a time. Now I want you to prioritize these desired outcomes.

**Choose only the top 3 benefits that you’d like to achieve.** Limit your selection to your 3 most important goals. These can now become the three results that you concentrate on. They represent the most important outcomes for you to focus on.

**Write-in the Top 3 Benefits you’d like to achieve below:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Congratulations!** Now you must commit to these three highlighted goals and put in effort to reach them. To realize your prioritized outcomes, you must make a firm commitment to change, take the necessary action to get what you want, and remain focused on making improvements. Consultation and education can provide you with the helpful support, guidance and feedback you need to move forward with your hopes. It also makes it easier and faster to get the results you want.

**Summary**

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Although reaching your desired goals cannot be guaranteed in consultation, they can be strived for. Some may be easier and faster to achieve than others. To attain the results that you target takes a cooperative effort between you and me. To increase your likelihood of reaching your goals, you must be results-driven and prepared to make changes. At times, expect to struggle in order to solidify lasting changes.

Your Top 3 Benefits should help you to focus now on the most important results for you to work toward.

## Recommended Reading

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In this article, I addressed the types of benefits that you may derive from professional consultation with me. For more information, you may also review the questions and answers on the “**FAQ**” (Frequently Asked Questions) web page on our website. There, I address some questions about the consultation process and experience.

Moreover, you can visit our “**Resources**” web page to find Books that I recommend on a number of topics that may interest you. Arm yourself with more knowledge.

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**Revel Miller, Ph.D.** is a clinical psychologist, consultant and business coach committed to helping people clarify and achieve their personal goals.

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