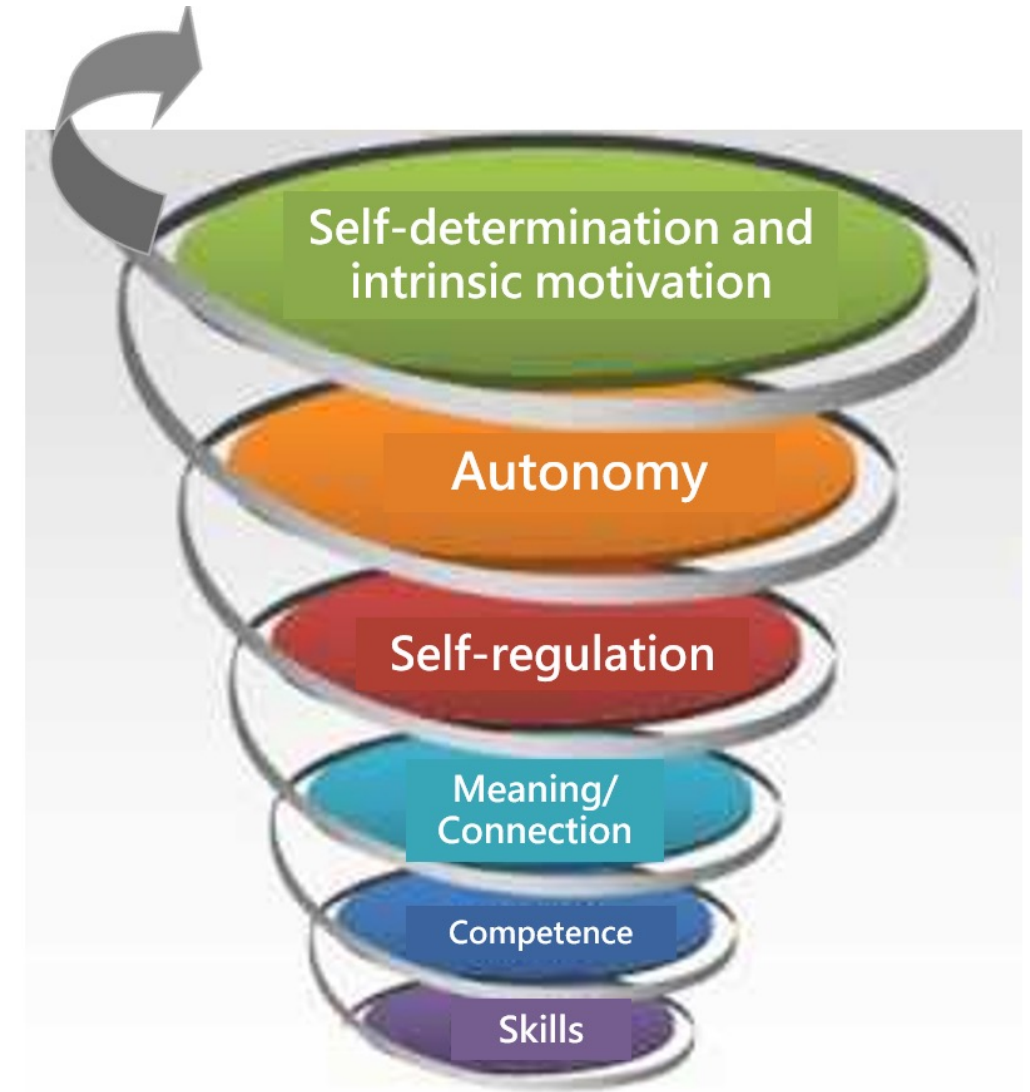




Students' Core Psychological Needs

Counselling in CRAFT focuses on students' core psychological needs from a humanistic approach; and therefore, the purposes of the counselling are to:

- Improve students' communication skills and abilities;
- Increase students' sense of competence and connection with others;
- Help students develop more flexible and adaptive cognitive beliefs, and overcome their inflexible and rigid thoughts; and,
- Allow students to have more experiences in self-regulation, autonomy so as to enhance their self-determination and intrinsic motivation to change and to learn.

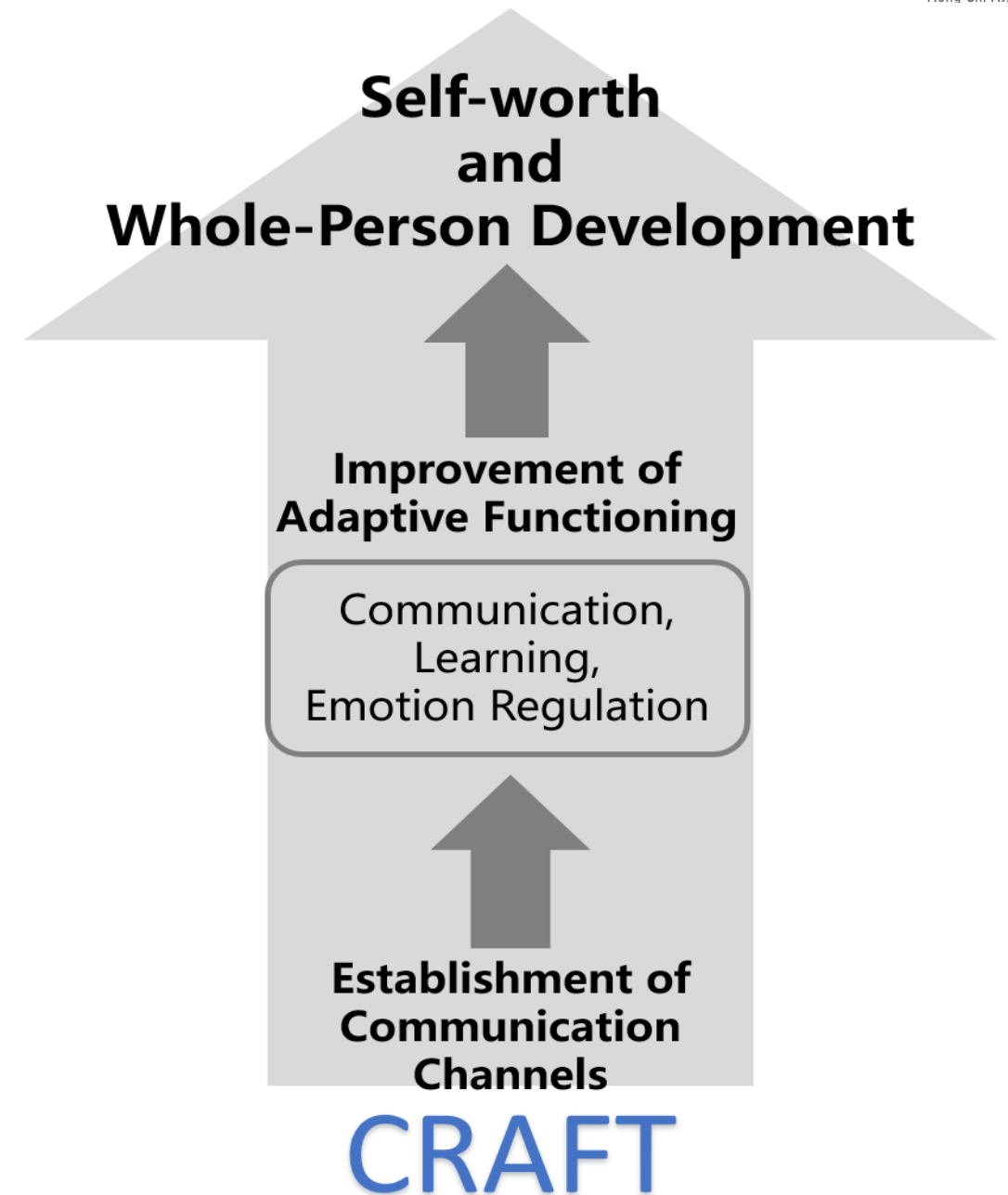


Students' Core Psychological Needs



Students' Core Psychological Needs

By responding to students' core psychological needs, counselling in CRAFT aims at fostering students' self-determination and intrinsic motivation, and improvement of students' adaptive functioning, which will ultimately enhance students' self-worth and whole-person development.

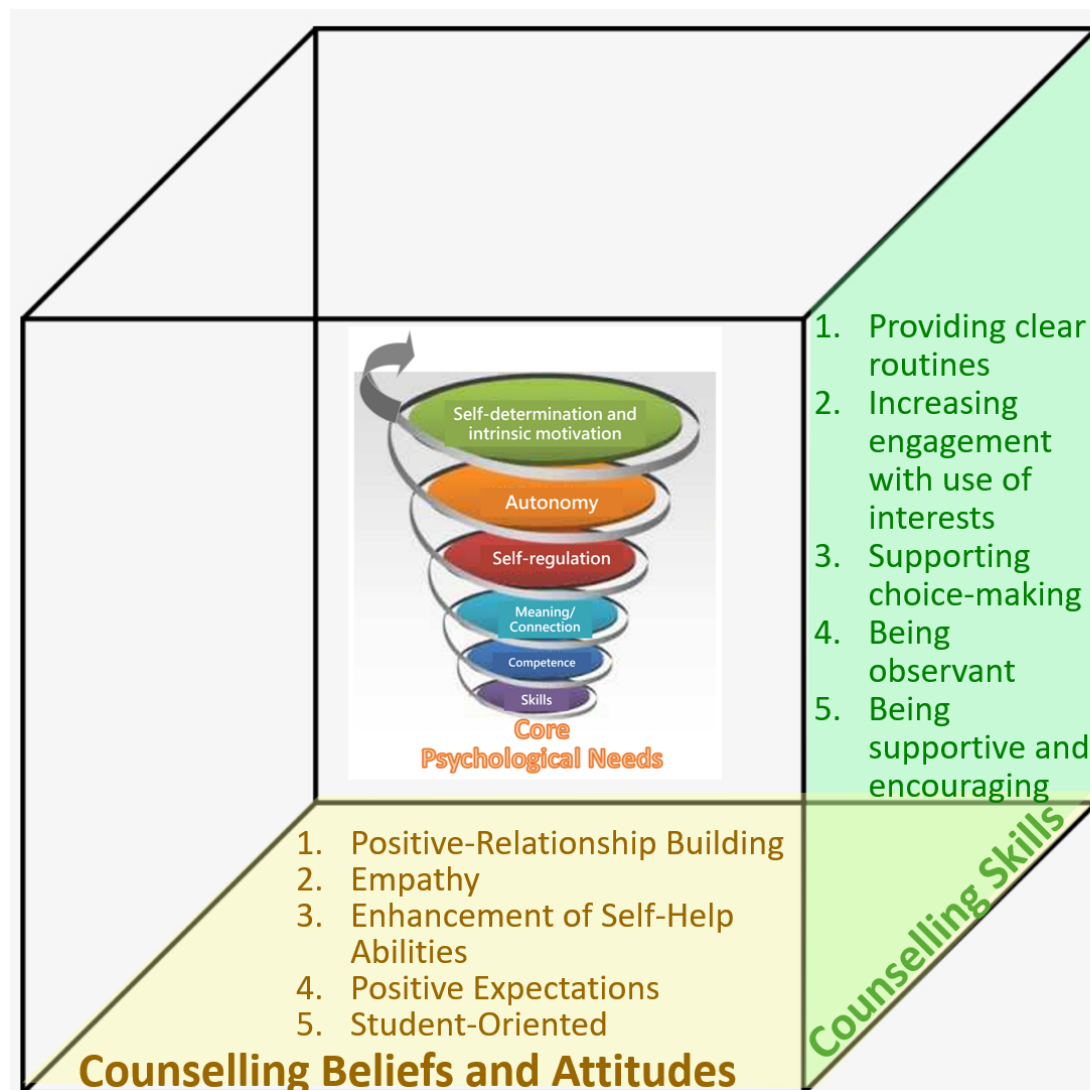




Counselling Framework of CRAFT

There are three domains in the counselling framework of CRAFT:

1. Adjustment along the continuum of directive and non-directive counselling
2. Counseling beliefs and attitudes
3. Counseling skills



**Directive
Counselling**

- Counselors have predetermined intervention goals.
- For example, enhancement of students' communication skills through choice-making, Cantonese typing and improvement of students' language abilities.

Counselling in CRAFT

- Counselors have clear intervention goals, but at the same time are flexible and responsive to students' needs, (e.g. emotional management, family and peer relationships, difficulties in learning, etc).
- Counselors allow students to have more experiences of autonomy and self-regulation.

**Non-
directive
Counselling**

- Counselling is student-centred and student-led, in which students decide the content and pace of interaction, etc.
- Counselors are responsible for creating the suitable counselling atmosphere.