

LIFE DESIGN COUNSELING: FROM PRACTICE TO THEORY

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This presentation will concentrate on the practical methods used in life-design counseling that seeks to help clients shape their identities, construct their careers and plan their lives. The life designing model did not arise from theory and become transformed into practice. Instead, it is based on decades of practice that a research team synthesized into an effective model that has now been turned into theory. Life-design counseling turns the best practices in career intervention into theory. The paradigm for life-design interventions constructs career through small stories, reconstructs the stories into a life portrait, and co-constructs intentions that advance the career story into a new episode. Clients leave life-designing having experienced a process of transformative learning that has brought them into contact with their deepest sense of vitality. They are able to narrate a more comprehensible, coherent, and continuous identity narrative. Buoyed by biographical agency and ripe with intention, they should be ready for action in the real world and prepared to deal with new questions that will emerge. So empowered, they begin to write a new chapter in their life stories, narratives that extend an occupational plot with a meaningful career theme.

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