**Candice Doerr CNL 500 DQ1**

**Hi Candice, a great post indeed; all the aspects of the questions are well covered. I agree that the two approaches can be used together. When it comes to the techniques, the two do not differ much. They both need an active client-counselor relationship. This is whereby both of them are able to participate actively. The counselor seeks to understand the client's point while the aim of the clients is to have a better understanding of themselves. I agree with your idea of starting with existential therapy and then following it up with client-centered therapy. With this, the counselor is able to have more information on the client, which helps to know how to proceed. I do, however, think that a counselor should be keen not to confuse the client. The client may become confused about the technique that the counselor is using, and it will hinder the therapeutic process.**