**Nichole Gelabert CNL 500 DQ1**

Hello Nichole, a great approach to the discussion. I also think that the two approaches can be combined. One is because they share a lot of similarities in the techniques used and also because they aim at the same thing; as you have noted, both need a client-counselor-active relationship, which means that the counselor and the client are equally active in both approaches. In one approach, the seeks to understand the client viewpoint, while on the other hand, clients seek to understand their lived experiences openly, honestly, and comprehensively. When it comes to how the counselor should use the two, it is my opinion that the counselor should first start with existential therapy because it gives more information on the client. The counselor is able to know what are the experiences that the client has lived. After this, the counselor can then incorporate client-centered therapy, which will help the client to identify what they need to change.