

## Mock Therapy Exercise Topics for Student Clients \*

### **Ideal Topics:**

Anxiety about learning  
Worries about performance as a helper  
Academic issues (studying, test anxiety)  
Career; Future plans  
Choosing a major or graduate program  
Pets  
Problems at work  
Public-speaking anxiety  
Roommate issues  
Feelings about technology  
Happy childhood memories  
Hobbies and extracurricular activities  
Problems with health

### **Relatively Safe Topics depending on Client**

Minor Family Issues  
Autonomy-Independence struggles  
Minor relationship concerns  
High school experiences  
Personal views on alcohol and drugs  
Existential concerns (e.g., Who am I? What is my purpose? What is the meaning of life?)  
Financial Difficulties  
Problems with physical appearance  
Moral dilemmas

**Topics to be Avoided**

Substance Abuse

Fears about going crazy

Traumas (e.g., sexual or physical abuse, rape, victimization, child abuse, serious medical condition)

Serious problems in romantic relationships

Shameful feelings

Serious family disputes

Sex

Sexual abuse

Suicidal Thoughts

Murderous Thoughts

\*Reprinted from Hill, C. (2014) Helping Skills (4<sup>th</sup> Edition).