

Abstract

This study evaluates the adequacy of the micro-theory of client operations to explain meaning construction in Life Design Counseling. Four adolescents were interviewed on their second counseling session. Their recollections were stimulated through the replay of counseling videotapes and the resulting transcribed interviews were qualitatively analyzed. Results confirmed a sequence of client operations evolving from the symbolic representation of experience and reflexive self-examination towards making new realizations and revisioning self. Moreover, clients reported negative and positive session moments evidencing that clients' attention and activity during the session was not restricted to meaning construction operations. Practical implications for life design counseling are derived from the results and discussed.

Key words: Client operations, Life Design Counseling, meaning construction, adolescents