

Kathy Lindblom, MA
Career Counselor
1930 Camden Ave., Suite 1B
San Jose, CA 95124

Welcome to the journey of career counseling! This handout is intended to familiarize you with the career counseling process and how I work. I am happy to further discuss any questions, concerns, or issues that you may have.

My Background

I am a Career Counselor with extensive experience in a wide variety of industries including education, high-tech, and non-profit. My own career background includes sales, staffing, project management, counseling, coaching, training, and corporate career development. I have a private practice that offers one-on-one counseling and workshop facilitation. In addition to my practice, I teach at Santa Clara University and work on various career counseling contract projects. I hold both a B.S. in Psychology and an M.A. in Counseling with an Emphasis in Career Development from Santa Clara University. I am an independent solo practitioner.

Purpose of Career Counseling

People seek career counseling for a variety of reasons. They may have an important career decision to make, a desire for more meaning in their work life, or are trying to understand what is impeding them from finding success and satisfaction in their career. Others are looking for ways to improve their job search strategies and develop effective resumes and interview skills. Yet others may be satisfied in their current career, but are looking for ways to continually improve and advance or to find balance in their lives. Career counseling is one avenue to explore these issues, clarify career goals, develop plans and take action towards change. While it is not possible to guarantee you'll get what you want, we will actively work together towards achieving your individual goals.

Process of Career Counseling

You are a unique individual and our counseling relationship and process will reflect your individuality. Therefore, every step may not be applicable to you. In general, however, the process can be described in the following steps:

Initial Assessment and Goal Setting

Self-Understanding

Research and Exploration

Choosing an Option

Job Search Actions

On-Going Career Development

My Perspective of Career Counseling

Contrary to what many people would like, I do not hold all the answers to everyone's career fulfillment. I see career counseling as a journey together in an effort to meet your goals. I am a committed facilitator and guide throughout the journey. However, for career counseling to be most effective, you must make the commitment of time and energy. It is imperative that you be an active participant in the process, which may include goal-setting, activities between sessions, active conversation, and more. My responsibility to you is to respect your integrity and promote your welfare at all times.

What You Should Expect

With your active participation in the counseling process, you should expect to gain a better understanding of yourself, your options and the steps towards your career goals. Many clients work through old patterns that have inhibited their career growth in the past. Career issues and goals cannot be completely isolated from other aspects of your life, and you should be aware that career counseling might illuminate other life issues. Should we find that your counseling needs are outside my areas of expertise, I will make an appropriate referral for you.

Confidentiality

Our relationship together is based on trust. What you say and do during our time together remains confidential. However, there are some circumstances during which I am permitted and ethically responsible to break confidentiality. These circumstances include endangerment of self or others.

In addition, when appropriate, I consult with other career professionals in order to provide you with the highest caliber of professional service. In those situations, I will disguise your identity.

You have the right to terminate our relationship at any time and for any reason.

Fees

My established fees of \$125 per 60-minute session are based on similar services provided by other career professionals in the area. Payment of cash, check, or credit card is due at the conclusion of each session. In the event that my established fees become a financial problem, please discuss the matter with me, and we will try to find an alternative.

If you are unable to attend a session, I require at least 24 hours notice or a fee will be charged for the missed session. I typically do not make appointment reminder calls, so please note your next appointment date and time.

Client Signature

Date