# CNL-515: Topic 3 Counseling Skills Reflection and Recording Link Submission

**Part One: Video Link Submission**

Add the Zoom link (not the actual file) from the session in the box below:

| |
|---|
| Sarah Potter CNL-515 SOLER Session.mp4 |

**Before submitting this document, remove the passcode from the video. Refer to the Class Resource "GCU Zoom Resources" for assistance.**

**Part Two: Skills Reflection**

**Directions:** Reflect on the recorded "session" and evaluate yourself by completing the table below**.** The goal of this reflection is to assess your strengths and opportunities for growth in each of the skill areas. Include comments in each area to show the quality of your skill demonstration. Your reflection is for your benefit and the rating you give yourself does not equate to a grade.

**On a scale of 0-10 with 0 being not attempted and 10 being exceptional, scale the quality of your skill demonstration below.**

1. **Session Management**

| Skills | Rating 0-10 | Comments |
|---|---|---|
| Ability to effectively review informed consent with client. | 10 | Charity and I did a brief overview of the informed consents we discussed in our previous session. |
| Ability to welcome and establish rapport with client. | 8 | I was very warm and welcoming in my tone and opened with curiosity |
| Ability to open and close session effectively. | 8 | I opened the session well and in closing the session I performed well but could have more efficiently remembered to schedule the next session at the end. I did provide a small note of empowerment for Charity at the end. |
| Ability to provide timely warning towards the end of the session. | 9 | I provided a few minute warning and invited Charity to share any final thoughts, questions, or concerns. |

2. **Attending Skills**

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| Skills | Rating 0-10 | Comments |
|---|---|---|
| Ability to engage in appropriate eye contact. | 8 | I made sufficient eye contact with the client during their time speaking and sharing. When it I spoke or shared thoughts with the client I could have provided better eye contact. However, being neurodivergent myself, eye contact can sometimes be a symptom of my differently abled brain. |
| Ability to use SOLER *(Face client, open posture, nodding head, leaning in, and relax posture).* | 9 | I hit each point in SOLER. |
| Ability to validate client's experience. | 7 | While Charity did share she felt validated I believe I could have offered more of this. |
| Ability to reflect content through paraphrase. | 7 | I think I could have paraphrased a bit more than I did. |
| Ability to use nonverbals empathic listening *(minimal encouragers, empathy in facial expressions and nods)*. | 9 | Nonverbal empathetic listening was occurring throughout. |
| Ability to demonstrate verbal empathy. | 9 | Strong verbal empathy was also present throughout. |
| Ability to reflect feelings. *Try using the format (You said you feel ____ when ___. Is that right?) Phrase this tentatively so that clients can reject or modify your reflection if it is not correct.* | 7 | I believe I did a moderately well job reflecting feelings with phrases like "sounds like," "your emotions are valid." |
| Ability to use open ended questions including scaling, onset, frequency, duration, and intensity. | 7 | I asked several open-ended questions but could have varied the sort of open questions asked and reformatted my "describe…" requests into questions. |
| Ability to identify the unmet needs of client. | 7 | Client needed affirmation and seeds of empowerment to encourage her. She is doing well in her actions as a mother and human, who is in fact, handling a lot. |

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| Skills | Rating 0-10 | Comments |
|---|---|---|
| Ability to demonstrate reframing. | 7 | I helped the client understand that while she felt like her need to control and anxiety are driving her negatively; she works very hard, and she has the power to change her actions around her anxiety driving choices. |
| Ability to reveal resilience in client and/or identify ways to increase resilience with client. | 9 | Through validating her emotions and her self-worth to her while leaving her space to determine her own worth I helped her increase resilience. I reinforced pride for Charity as well to encourage inner strength. |
| Ability to introduce coping skills and/or regulation skills in session that client can continue to practice outside of session. | 9 | I asked Charity to describe current coping skills and invited a brainstorm session to allow Charity the space to uncover additional skills and creative strategies for deploying coping skills. |
| Ability to summarize session and check in with client for session progress. | 8 | I summarized the session from a high level at the end of the session but could have provided 1-2 major highlights as action items. |
| Ability to include relevant homework/coping skills. | 8 | I discussed homework more in the middle of the session with Charity regarding practicing letting go of control surrounding Charity's mother, coming over to help care for her two sons and deploying some of her new coping strategies with her children. |

**Part Three: Summary**

Take a moment to discuss your experience, areas you feel you did well, and areas you feel you could improve. *It is mandatory to discuss both areas.*

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