CNL-515: Topic 7 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:

https://mygcuedu6961-my.sharepoint.com/:v:/g/personal/sbettencou_my_gcu_edu/EShYa6cK-7VPnPrl1MnT7QcB9hLSO7yjYC8YIRjyWWpfqw?e=jwKQHt

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.	8	Invited the client to ask questions and brief reminder.
Ability to welcome the client, summarize previous session, check on direction of today's session, and continue to develop rapport with client.	9	Invited the client to review their week and provided validation. Reminded the client of the past few sessions we've had and continue the process forward for the session.
Ability to open and close session effectively.	9	Welcomed the client and provided closure for the session.
Ability to provide timely warning towards the end of the session.	10	shared time ending effectively.

2. **Attending Skills**

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Skills	Rating 0-10	Comments
Ability to engage in appropriate eye contact.	10	Maintained eye contact throughout session.
Ability to use SOLER *(Face client, open posture, nodding head, leaning in, and relax posture).*	10	Actively faced the client, open posture, nodded, leaned in, provided empathetic body language, and remained relaxed and poised throughout the session.
Ability to validate client's experience.	10	Validated and provided unknown needs validation
Ability to reflect content through paraphrase.	10	Reflected the content of Charity's words and paired this with reminders of tools she's developed
Ability to use nonverbals empathic listening *(minimal encouragers, empathy in facial expressions and nods)*.	8	Asked and framed questions to prop client's confidence up more and left space for the client further their confidence and ability to problem solve on their own.
Ability to demonstrate verbal empathy.	10	Was empathetic throughout session.
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 think I could have reflected more directly what the client stated they were feeling as opposed analysis with the client on their emotions and feelings being stated.
Ability to use open ended questions including scaling, onset, frequency, duration, and intensity.	9	Used open ended questions throughout the session and used closed questions in appropriate settings.
Ability to identify the unmet needs of client.	8	I helped the client pause and breathe in her thoughts more in the session to reflect on her own a bit more and think through her actions and motivations more.
Ability to demonstrate reframing.	9	Client spoke about how others were capable more than herself, so I focused on encouraging the client to reframe other's successes as her own as well.

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Skills	Rating 0-10	Comments
Ability to reveal resilience in client and/or identify ways to increase resilience with client.	10	Each moment the client communicated doubt of their own self we paused to dissect how the client was resilient in the moment and how others are their to help.
Ability to introduce coping skills and/or regulation skills in session that client can continue to practice outside of session.	10	When client identified some moments of struggle to cope and I worked with the client to further push her to identify simpler coping skills that she can deploy at any moment or even if to anticipate when she needs coping skills at the ready for her.
Ability to summarize session and check in with client for session progress.	9	I summarized the session well but I think I could have asked questions to the client to have them summarize a bit for themselves as well.
Ability to include relevant homework/coping skills.	10	Provided homework assignments for each moment the client identified they experienced an increase in anxiety.

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*

I have really enjoyed these practice sessions. In the beginning I struggled a bit to feel into the session and have some confidence in my presentation to the client as well as manage all the skills that need to be utilized throughout a session. I feel that it would have been more helpful for more frequent counseling session practice throughout class (and other classes) to continue to build stronger counseling skills. I think I did well in assigning homework, identifying needs and some unmet needs. However, with the unmet needs of the client I need to practice more of my active listening skills so I can provide further guidance and support to the client in settings. I also feel that more practice with mock sessions would allow me to continue to practice talking less and leaving more areas of silence for the client to think and reflect on what was discussed. .

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