



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:

[CNL515 Counseling skills reflection video.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	I feel that my review of the consent form was sufficient. I sent the client the paperwork ahead of time, and it was initialed prior to the session starting. I asked her if she had any questions regarding the form.
Ability to welcome the client, summarize previous session, check on direction of today's session, and continue to develop rapport with client.	10	I did a great job building rapport with questions about Halloween, the kids, and candy. I summarized the prior two sessions and discussed her rating of stress and anxiety and asked her if my summarizing was accurate and if that information was still something happening in her life that she'd like to continue to discuss.
Ability to open and close session effectively.	10	My open rapport and summarizing was fluid and detailed. I warned the client toward the end of the session of how much time we had left. I started to wrap it up by asking her if we missed anything that she wanted to discuss. I also asked her how the session was going for her and we talked about homework and coping skills.

Skills	Rating 0-10	Comments
Ability to provide timely warning towards the end of the session.	10	I mentioned to the client that it was time to wrap it up soon, and we summarized key points, and homework and I checked in to see how she was feeling about the sessions.

2. Attending Skills

Skills	Rating 0-10	Comments
Ability to engage in appropriate eye contact.	9	I did a better job engaging in eye contact with the client. This time, I didn't take notes and just went with what I could recall from our talks. I still have moments when I look up to think about my next question so I need to work on that.
Ability to use SOLER (<i>Face client, open posture, nodding head, leaning in, and relax posture</i>).	9	I felt that I was squarely faced toward the client as much as I could be in the space I was in. I did nod my head and shared comments of validation and listening. I tried to relax more when talking with the client. I do think I lacked a little on leaning forward.
Ability to validate client's experience.	9	I did a good job validating that it can be hard juggling work, motherhood, and the household.
Ability to reflect content through paraphrase.	10	I did a good job paraphrasing the clients stress and high standards that she sets for herself.
Ability to use nonverbals empathic listening (<i>minimal encouragers, empathy in facial expressions and nods</i>).	10	I nodded a lot during the session while the client spoke and shared that her feelings were understandable.
Ability to demonstrate verbal empathy.	10	I shared a few comments such as It can be hard juggling motherhood, work and family.

Skills	Rating 0-10	Comments
Ability to reflect feelings. <i>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.</i>	10	I did a good job reflecting feelings when summarizing her past sessions and the feelings she shared with me. I also think mentioning her high standards was imperative because she bases her emotions on whether or not she's hit those standards at home and work.
Ability to use open ended questions including scaling, onset, frequency, duration, and intensity.	9	I used the scaling question in all sessions to gauge her rating on anxiety and stress. I talked to her about exceptions of when if ever there is a time that she doesn't feel stressed about her family and work life which helped me understand the frequency and duration of these emotions.
Ability to identify the unmet needs of client.	9	I really tried to tell her that her ability to be aware of her stress at work and set boundaries with her co-workers was a strength of hers. An unmet need I think she needs to realize is that by setting boundaries for herself she was able to stop her co-workers from coming to her to vent and get help with the changes. I also wanted to plant the idea of being OK and accepting times when things aren't running to her high standards. The key word here for unmet needs is acceptance to herself. It's OK if the kids don't eat a homecooked healthy meal one night. That can be acceptable in her standards.
Ability to demonstrate reframing.	8	I talked about how full her life was with work, a great marriage to a husband who helps out and supports her, and kids who are active in sports. She shared that she loves watching them play sports. These are all positives in her life and don't have to always be seen as a stressor to get everything done for them to her high standards.
Ability to reveal resilience in client and/or identify ways to increase resilience with client.	10	I talked to the client about how resourceful she was when handling her work stress. She was aware of her stress and anxiety and took it upon herself to make changes at work. She delegated some of the workload and set boundaries with her co-workers.

Skills	Rating 0-10	Comments
Ability to introduce coping skills and/or regulation skills in session that client can continue to practice outside of session.	10	We talked about past coping skills that she's used that have helped her. She said time alone to get her thoughts and emotions regulated helped as well as time with friends.
Ability to summarize session and check in with client for session progress.	10	I was able to summarize the session and talk about her upcoming work trip. We talked about coping skills that she can use if she starts to feel stressed. We talked about homework and I checked in and asked how she felt the sessions were going.
Ability to include relevant homework/ coping skills.	10	We wrapped up and talked about some coping skills she can utilize during her busy trip over the weekend. We set that as homework if she starts to feel her stress rise.

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 felt that this experience of working with a classmate through several sessions was helpful. I was able to make changes from session to session and build upon our conversations and the presenting problems. I felt that I improved in different areas in each session and the experience helped me gain confidence and trust myself more throughout the sessions. The ability to be genuine and actively listen is one skillset and the ability to ask the open-ended questions to move the session along and learn with the client is another. I feel comfortable with my opening consent and confidentiality explanations as well as the early session rapport. I feel that my paraphrasing and reflections are strengths of mine. I also feel that my summarizing and wrapping up the session is something I do well. The areas I need to work on are SOLER, reframing and pointing out more clearly the client's unmet needs. I also never mentioned regulation skills and that is something I'd like to add in future sessions. Overall, I feel like improved with this session.