



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://my-gcu-edu.zoom.us/rec/share/vER-o6eIa3wtzTwP0Hp9IgW6aAeWv8oSMGSEf0AvfkFrgndaZDh1ddl7UUoDLIE2.86HhtDiHV_AXj3Vq?startTime=1706759050000

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 think I did a good job at explaining the informed consent.
Ability to welcome the client, summarize previous session, check on direction of today’s session, and continue to develop rapport with client.	9	I was able to go over key points from his previous session and continue to build a rapport.
Ability to open and close session effectively.	9	I was able to effectively open and close the session.
Ability to provide timely warning towards the end of the session.	9	I gave him a certain body language/ summary to help him know we were close to rapping it up.

2. Attending Skills

Skills	Rating 0-10	Comments
Ability to engage in appropriate eye contact.	9	I gave him eye contact as I engaged during the session.
Ability to use SOLER (<i>Face client, open posture, nodding head, leaning in, and relax posture</i>).	9	I did apply all SOLER skills during the session.
Ability to validate client's experience.	9	I validated his experience with his battle with anxiety.
Ability to reflect content through paraphrase.	9	I was able to paraphrase prior experiences and the current during the session.
Ability to use nonverbals empathic listening (<i>minimal encouragers, empathy in facial expressions and nods</i>).	9	I tried to improve here by giving more nonverbal empathic listening.
Ability to demonstrate verbal empathy.	9	I was very empathic towards his issues.
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 used this several times through out this session.
Ability to use open ended questions including scaling, onset, frequency, duration, and intensity.	8	I recall asking open-ended questions but I do not feel as confident in scaling.
Ability to identify the unmet needs of client.	10	The client mentioned I was able to help him with certain challenges.
Ability to demonstrate reframing.	9	I was able to demonstrate reframing.
Ability to reveal resilience in client and/or identify ways to	10	We talked about his challenges and how he wants to use those as positive reinforcement.

Skills	Rating 0-10	Comments
increase resilience with client.		
Ability to introduce coping skills and/or regulation skills in session that client can continue to practice outside of session.	9	I was able to give him skills and homework to continue using.
Ability to summarize session and check in with client for session progress.	9	I did check in with him through out the session he mentioned he was okay.
Ability to include relevant homework/coping skills.	8	I included some coping skills but I found it hard to figure out which ones .

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 find these examples to be very informative and helpful for my future career. After we re-watched my video we noticed I got more comfortable with opening the session and closing. We noticed I gave tools but didnt go into depths with what the tools can do to help the client. I learned more fillers words but would love to be more confident in my approach with words. I used "umm" alot because I was nervous. Overall great session and we saw my growth and points to keep working on.*