



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:

<https://my-gcu-edu.zoom.us/rec/share/9QGxr5Oo3lkIIjAx5-nMooMZJflgr0hKDNks0jaiuHPJUIbpZYCaSgl9zds-KX8z.hUPuEgExRSwYwwB6>

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.	9	I feel i went over this pretty clear and my client understood the informed consent.
Ability to welcome and establish rapport with client.	9	I welcomed the client by name to let him know I did acknowledge him and respect his time.
Ability to open and close session effectively.	8	I was a bit nervous on opening and closing but I managed to do both effectively.
Ability to provide timely warning towards the end of the session.	9	I went over this went my client beforehand so we set certain gestures to know when the time was running close.

2. Attending Skills

Skills	Rating 0-10	Comments
Ability to engage in appropriate eye contact.	8	Although I generally considered myself to be engaged in eye contact, I avoided breaking character as my spouse was the client.

Skills	Rating 0-10	Comments
Ability to use SOLER (Face client, open posture, nodding head, leaning in, and relax posture).	8	I thought I did well here, particularly with regard to posture, nodding, relaxed and eye contact. I was nodding a lot but when I asked my client he said he felt heard.
Ability to validate client's experience.	9	I think that I did fairly well at this, as I managed to discuss his issue and gain a better understanding of it.
Ability to reflect content through paraphrase.	8	I was able to paraphrase his words. I attempted to comprehend what he had to say, but I did not want to sound robotic.
Ability to use nonverbals empathic listening (minimal encouragers, empathy in facial expressions and nods).	9	I was engaged in the conversation. I was very empathic with head nods and slightly encouraging him while he was speaking.
Ability to demonstrate verbal empathy.	9	I was able to give verbal empathy esp. when he addressed his concerns and needs to be happy.
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>	9	I used this filler in my session. I saw how it was effective and why we are to incorporate it in sessions.
Ability to use open ended questions including scaling, onset, frequency, duration, and intensity.	9	I asked two or more open ended questions to better get an understanding of his needs.
Ability to identify the unmet needs of client.	9	I was able to identify his needs by asking what happiness would look like for him.
Ability to demonstrate reframing.	9	I was able to let him know there are rewards in being a father and reframing from any negativity or fear he may had.
Ability to reveal resilience in client and/or identify ways to	9	I saw he was eager to be a better father but also the strain on why he felt he wasn't effective enough.

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 mentioned to the client we would meet to discuss more in-depth his problems and I would give him tools.
Ability to summarize session and check in with client for session progress.	9	I summarized at the end and I mentioned sessions. Also if he had any concerns or question to reach out to me.
Ability to include relevant homework/coping skills.	8	We didn't go into the exact tools that I would like to use. Instead, I talked about the areas that I would like to focus on.

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 loved this exercise, and I felt more comfortable. I also noticed that I was trying to avoid being too talkative. I nodded a lot, but my client thought it was necessary to convey concerns. Since I'm getting used to responding quickly, I'm not going to overthink what the client says. Instead, I'll try to repeat what I hear to build a rapport. Although it was a great session, I would like to improve my skills in order to become an effective counselor.