

BENCHMARK COUNSELING SKILLS

AMY SPARKMAN

	Client's Response	Counselor's Response	Better Response	Rationale
1 Time Stamp: 29:39	"Their last baby they had right before COVID."	<p>"Alright, so they they had their baby right before during COVID?"</p> <p>So you better not hold my baby with you if you don't have a mask on. You don't wash your hands before."</p>	I shouldn't have interrupted and assumed a situation. Should have let her keep talking and finish her thought.	"Some of these behaviors, such as yawning or acting rushed, clearly show the counselor's disinterest. Others, such as interrupting, blaming, and directing are dismissive or disempowering, which is just the opposite of what counseling should be," (Sajjad, 2017, p. 94).
2 Time Stamp: 35:11	<p>But if I don't say something, we won't have a relationship but his. But his frustration is like he acts like I don't want a relationship.</p> <p>Do you know what I'm saying? So instead of him accepting how he's truly acting and and treating our family, it's like he just wants to blame and blame and blame, you know.</p>	"You feel frustrated because if if you don't fall on your sword, then it's yeah. So it's it needs to be about you. Yeah, that's. I mean, yeah, he's wanting you to feel guilt that you don't feel that guilt you're feeling."	"It sounds like you feel frustrated because you're the one that has to always take the blame when there is a disagreement with your brother."	<p>I should have thought out my response better, so that I didn't stammer. I reflected feeling and paraphrased, but my stammering was distracting.</p> <p>"A good paraphrase can provide mirror reflections that are clearer and more to the point than original statements," (Sajjad, 2017, p. 72).</p>

3 Time Stamp: 35:52	<p>“Well, because well, because what is any parent supposed to do when their child is being put in this position? It's I'm going to defend my child because they're actually the innocent one in the party, regardless of whether they accidentally do something to hurt you or not. Like when as it grown.”</p>	<p>“Sure, you’re their mom and You're gonna be agitated. You're gonna feel....”</p>	<p>I shouldn't have interrupted so that she could complete her thought. I should have just let her continue talking without interruption, only adding minimal encouragers.</p>	<p>Again, behaviors, “such as interrupting, blaming, and directing are dismissive or disempowering, which is just the opposite of what counseling should be,” (Sajjad, 2017, p. 94).</p>
4 Time Stamp: 47:41	<p>“When it leaves me, I mean, it leaves me feeling for one. I feel like being myself. Is what is the problem? Just being who I am is the problem, and so that leaves me... Well, I feel frustrated because at the end, well, because at the end of the day.”</p>	<p>“So you feel a little indignant about that?”</p>	<p>Again, I shouldn't have interrupted her thought process. I should have let her keep talking. She was expressing her feelings well without me interrupting.</p>	<p>Again, behaviors, “such as interrupting, blaming, and directing are dismissive or disempowering, which is just the opposite of what counseling should be,” (Sajjad, 2017, p. 94).</p>

5 Time Stamp: 48:03	“I'm the one that always has that. I always am the one that goes back because I want a relationship. I'm not trying to just be right, but when I'm like, still like 3 months down the road, the only one that makes an effort outside of, you know.”	“So you should feel a little a little frustrated... I mean, I'm feeling a little indignant for you because you are the one that is doing those things... a little annoyed.”	“It sounds like you're frustrated because you're the one that's always having to reach out.”	I shouldn't have stated my own feelings. It would have been more appropriate to reflect her feelings by paraphrasing the situation. “Self-disclosure is a technique that must be used with caution and at the right time,” (Young, 2021, p. 47). It was inappropriate for me to share my feelings at this time.
------------------------------	--	---	--	--

Any additional thoughts not captured above? What will you take away from this assignment?

I obviously need to work on not interrupting and over-talking in counseling sessions. My need to fill any silence and always talk can be a hindrance to taking the time to listen carefully. This assignment has also helped make me aware of the importance of forming my thoughts before speaking so that I can clearly speak without stammering.

I also used the words like, “um” quite a bit. I need to be more cognizant of this type of stammering when in counseling sessions. I feel that with practice, I will become more competent in these areas.

References:

Sajjad, K. S. M. (2017). Skills Required in Counseling. In *Essentials of counseling* (pp. 69–94). essay, Abosar Prokashana Sangstha.

Young, M. E. (2021). *Learning the art of helping: Building blocks and techniques* (7th ed.). Pearson.

BENCHMARK FINAL SKILLS COMPETENCY SCALE (SCS) PARTICIPATION TEMPLATE

This is a scale to assess counseling skills. Please rate yourself numerically (0-10) using the following 15 skills items from "Advanced" to "Not Present".

Advanced	Proficient	Developing	Not Present
10 - 9	9-7	7-0	0

Basic Skills

	Advanced	Proficient	Developing	Not Present
Eye Contact and Attending Skills	9			
Verbal Tone and Minimal Encouragers	9			
Facial Expression and Gestures	9			
Empathy	9			
Being Non-Judgmental/ Unconditional Positive Regard	9			
Active Listening	9			
Open-Ended Questions		7		
Reflection (Feelings, Meaning, Content)		7		
Paraphrasing		7		
Summarizing		7		
Challenging/Confrontation		7		
Immediacy		7		
Self-Disclosure		7		
Goal Setting		7		
Wrapping up the Session		7		

Please add additional thoughts to explain your rationale for giving yourself the points you chose above.

I think that I do a good job at being present and offering minimal encouragers, as well as being empathetic and non-judgmental. These don't require much practice for me, because I already had most of these skills going into the course. What I still need to work on are the skills of reflecting, asking open-ended questions, paraphrasing, summarizing, and challenging. I also need to work on creating opportunities goal setting, as well as developing a sense of immediacy. To be honest, we didn't work much on goal setting and wrapping up our sessions. I really enjoyed our times working in our triads and I feel like I gained some great experience.

Thank you so much for the opportunity to share and get some practical experience in working on these skills!

Benchmark Live Supervision Video Link Assignment:

<https://1drv.ms/v/s!AkNLci-HVLk3gfoYGRS27c69zRSwkW?e=bVacwp>