

BENCHMARK COUNSELING SKILLS

	Client's Response	Counselor's Response	Better Response	Rationale
1 Time Stamp: 1:58	I really just wanted to talk to someone because I've been having a bit of a bad day and just kind of lift my spirits up.	OK. Tell me more about how you know, you said you had a bad day. So tell me more about that.	So, You feel that your spirits are low. Can you tell me what has caused your bad day?	It give a reflection and asks an open-ended question. This will allow her to think more and be able to express herself in a better way.
2 Time Stamp: 2:14	It's just been a little stressful today, just a lot to do and I think I'm just tired.	OK. Yeah, absolutely. I mean definitely been there, I understand what it's like to be tired. So I want to try something with you to kind of boost your energy and and bring you into a better place. Could you tell me about your favorite memory?	Tell me more. What is something that has contributed to your stress and tiredness?	This is another open-ended question that helps to build the therapeutic client relationship. It also shows empathy. I tried to give advice and jumped in to early.
3 Time Stamp: 3:09	It was one of my favorite memories because every single person that I talked to was outgoing and boisterous with energy, and it just really lifted my spirits talking to everyone. They	thank you for sharing. That. Sounds amazing. I've never been to Scotland, but I've heard it just looks beautiful, so I can only imagine how much you must have enjoyed it.	Thank you for sharing. It seems to me that while you were in Edinburgh you discovered that you find energy and positivity in making conexions with new people.	It lets me stay on track with my client. It also allows for her to see new insights into her own story. This helps her to think deeper and even open up more, helping to build an even better client-helper relationship.

	were so kind and being on top of Edinburgh I knew I wanted to explore the world and travel.			
4 Time Stamp: 4:31	Yeah. Thank you for that tip. I'll definitely do that.	Yeah. Well, I'm so glad that you shared that with me. I it makes me want to go to Scotland now. So thank you for that.	You're welcome. Thank you for sharing your story with me. If it is ok with you, I would like to come back to this conversation in a future session.	It keeps the conversation on the client and not on me. It also helps to prepare her for better future sessions.
5 Time Stamp: 5:12	Yeah, that sounds great. Thank you so much.	Yeah, awesome. Well, I will see you next time.	You're welcome. I look forward to see you in our next session.	Using the words "yeah" and "awesome" are not professional in that situation.
<p>This assignment showed me that I have come a long way since starting this counseling journey! I have also learned that I will never be "perfect", but there is no such thing as perfect in this line of work. I will continue to better educate myself and always try my best for myself and the clients I will counsel. Also, all the information for this assignment, came from Triad videos dated: 2/21/22</p>				

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		8		
Verbal Tone and Minimal Encouragers	9			
Facial Expression and Gestures		8		
Empathy	9			
Being Non-Judgmental/ Unconditional Positive Regard		8		
Active Listening			7	
Open-Ended Questions			7	
Reflection (Feelings, Meaning, Content)		8		
Paraphrasing		8		
Summarizing			7	
Challenging/Confrontation			6	
Immediacy			6	
Self-Disclosure			7	
Goal Setting		8		
Wrapping up the Session		8		

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

The ones that I marked in the developing sections are just that. Those are skills that I know that I can do but I also know that they need to be improved on as I become a counselor. The ones that I marked are also the that are the hardest to practice in a controlled setting as they do not come up often or naturally. They include: confrontation, immediacy, and self-disclosure.

Assessor	Time	Student Documents	Student Comment	Faculty Documents
	Rubrics	Grade & Comment		

Shiderly, Shannan

Submitted:

April 21, 2022 at 5:23:35 PM CDT

Assessed:

May 19, 2022 at 1:55:42 PM CDT

[https://libertyuniv.sharepoint.com/sites/Group-](https://libertyuniv.sharepoint.com/sites/Group-COSC505SP2022/Shared%20Documents/Triad%201/Recordings/Benchmark%20Live%20Supervision%20with%20Triad%201-20220421_174812-Meeting%20Recording.mp4?web=1)

[COSC505SP2022/Shared%20Documents/Triad%201/Recordings/Benchmark%20Live%20Supervision%20with%20Triad%201-20220421_174812-Meeting%20Recording.mp4?web=1](https://libertyuniv.sharepoint.com/sites/Group-COSC505SP2022/Shared%20Documents/Triad%201/Recordings/Benchmark%20Live%20Supervision%20with%20Triad%201-20220421_174812-Meeting%20Recording.mp4?web=1)

View Rubric Scores

Show Less

Assessor

Brooks,Susanna

Kuba,Summer

Shiderly,Shannan

North,Reagan

Standards & Outcomes (3)

Show Less

Standard	Description
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CACREP-2016.2.F.5.d	ethical and culturally relevant strategies for establishing and maintaining in-person and technology-assisted relationships
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CACREP-2016.2.F.5.e	the impact of technology on the counseling process
CACREP-2016.2.F.5.g	essential interviewing, counseling, and case conceptualization skills