Skills Observation Form

Counselor: **David Beachboard** **Client:** **Christian Harris**

Observer: **Briana Hackett**

This form is to be completed by the observer and given to the counselor. The counselor will upload a form from each session (Monday – Thursday).

	Little to none	Somewhat	A great deal
Eye contact			X
Open body language			x
Good Voice/Tone			x
Verbal tracking/Minimal Encouragers			x
Rapport			x
Minimal Open Questions		x	
Reflection of Content: Paraphrasing			x
Reflection of feelings: Affect			x
Reflection Summarizing: Content, Meaning			x
Clarification			x
Confrontation	NA		
Showing Empathy, Respect			x
Immediacy	NA		
Refocusing Client	NA		
Use of Silence	x		
Pacing		x	

Please share insight with your triad regarding the counseling session:

- What did the counselor do well? Share at least three ideas. These can be related to session content, process, or a particular skill.

I believe that I was able to keep good active listening through minimal encouragers and by good non verbal skills.

I felt as though I was able to use gentle commands to drive the conversation.

Lastly, I felt as though I reflected the feelings that Christian provided to me.

- Provide at least two areas where you felt the counselor struggled or could do something differently. Share ideas about how they can improve.

I feel like I could benefit from the use of silence as it seemed I jumped to fill the void of silence. I could improve on taking a moment to gather my thoughts.

I think that I could work on asking less questions and be careful not to lead my client a certain way but use the language in which directs my client more toward what they think should be said or how they feel.

COUNSELING SKILLS ASSIGNMENT INSTRUCTIONS

OVERVIEW

This assignment will assist you in reviewing and refining your basic counseling skills. Through careful consideration of possible changes to your actions or words within the counseling session, you will be better able to analyze your skills and make improvements to your skills as well as the counseling relationship.

INSTRUCTIONS

Please choose Video Recording #3 from your intensive week and list the worst five interactions that you would like to "do-over." You may select different parts of your video, but the counselor and client interaction need to be consecutive as these will be transcribed verbatim. Place beside the number your video time to clarify which segment you are choosing (ex: 2:34). After viewing your video, in retrospect, what would be a better response (column 3)? What is your rationale for this "better response" (answer why in column 4)?.

	Client's Response	**Counselor's Response**	**Your Better Response**	**Your Rationale**
1 Video spot	"No I think we are good"	"Is there anything you want me to clarify on?" (0:25)	"I will clarify what confidentialty is before we start"	I should not have asked a question this early and let the client decide on confidentiality. I should just explain it and begin session.
2 Video spot	"Its about the feelings of.."	"I want to talk about the bad habits.." (0:55)	"Tell me about the bad habits we discussed previously"	I believe that I should let the client decide on the bad habits and leave the session open if others need to be discussed. This was leading him in a certain route.

3 **Video spot**	"I guess sluggish mood and that feeling.."	"Yeah, sounds like to me you're feeling.."(2:27)	"You mentioned feeling sluggish and in that mood"	I feel as though I interjected what it sounded like to me instead of just reflecting his comment of feeling sluggish. Just removing my own feeling and

				reflecting his is more important.
4 Video spot	"Just having a full nights sleep, it was really pleasant."	"So I want to expand on that.." (6:01)	"Explain the feeling you had after that nights rest"	I feel as if I let him explain more about the nights rest it would enhance the session as he seemed to perk up talking about it and it could've continued a good portion of the session but I stopped it short to direct it my way instead of letting him elaborate.
5 Video spot	"I feel useful and effective.."	"So I want to expand on that as well.."	"You said you felt useful, tell me about how you felt useful.."	I believe I did a great job by singling out the word useful but I should've let the client expand on the feeling, reflected it and looked to let him really dive in to that feeling had in that moment. Instead I again interjected and directed with a leading command.

What is your reflection - any additional thoughts?

I feel really good about this assignment, and that I am confident moving forward. I used gentle commands and non-verbal skills we learned to overall facilitate an effective session. I would like to take the use of "I" out more so that I can really just reflect the feelings the client has but overall I think the skills I learned were properly displayed.

What will you take away from this assignment? What do you need to change moving forward?

This assignment allowed me some in depth self reflection that showed my weaknesses as well as my strengths. I believe that the skills I displayed I will use forever in my career as I now move into fine-tuning them instead of just applying them. I believe that moving forward I should be more comfortable

and not over use the non-verbals, as well as just really look to reflect the clients feelings. I had a tendancy to sometimes be leading and instead I can guide the conversation but ultimately just leave it open for the client to discuss what their thoughts are as well as the actual feelings they have.

Note: Your assignment will be checked for originality via the SafeAssign

Counseling benchmark video Submission:
https://www.dropbox.com/scl/fo/fu8glvhca2vm671pag00r/AMRVeDY-MR8UcdktlpPrHSs/202120%20Spring%202021%20COSC%20505-392%20LUO/Video%201%20David%20Beachboard.mp4?rlkey=f3ulsyl09uv2w9t3ge3ricxjf&st=siqghoih&dl=0