



## **CNL-515: Counseling Skills Scale**

### **Week 3 Video Assignment 1**

#### **Part One:**

**Directions:** Reflect on the recorded “session” and evaluate yourself by completing the table below. Record the overall rating in the “Total Score” column on the left at the end of the document. Include comments in each skill area as needed to help justify the rating.

Locate the recorded Zoom session and add the Zoom link from the session here:

I am having trouble with my Zoom not saving to the cloud and only locally to my computer. I have, in lieu of the Zoom link, provided a Dropbox link

<https://www.dropbox.com/s/0lc2ejbs4d5fcgc/Practicing%20SOLER%2C%20Active%20Listening%2C%20Empathetic%20Listening%2C%20Probing%2C%20and%20Summarizing%20Video%201.mp4?dl=0>

#### **1. Session Management**

| <b>Skills</b>   | <b>1<br/>Strongly<br/>Disagree</b> | <b>2<br/>Disagree</b> | <b>3<br/>Somewhat</b> | <b>4<br/>Agree</b> | <b>5<br/>Strongly<br/>Agree</b> | <b>Comments</b> |
|---|------------------------------------|-----------------------|-----------------------|--------------------|---------------------------------|-----------------|
| Ability to effectively review informed consent with client. |                                    |                       |                       |                    | X                               |                 |
| Ability to establish rapport with client.                   |                                    |                       |                       | X                  |                                 |                 |



# GRAND CANYON UNIVERSITY™

| Skills  | 1<br>Strongly<br>Disagree | 2<br>Disagree | 3<br>Somewhat | 4<br>Agree | 5<br>Strongly<br>Agree | Comments               |
|---|---------------------------|---------------|---------------|------------|------------------------|------------------------|
| Ability to open and close session effectively.                    |                           |               |               |            | X                      |                        |
| Ability to provide timely warning towards the end of the session. |                           | X             |               |            |                        | I provided no warning. |



**2. Attending Skills**

| <b>Skills</b>  | <b>1<br/>Strongly<br/>Disagree</b> | <b>2<br/>Disagree</b> | <b>3<br/>Somewhat</b> | <b>4<br/>Agree</b> | <b>5<br/>Strongly<br/>Agree</b> | <b>Comments</b>                  |
|--|------------------------------------|-----------------------|-----------------------|--------------------|---------------------------------|----------------------------------|
| Ability to engage in appropriate eye contact   |                                    |                       |                       |                    | X                               |                                  |
| Ability to use nonverbals<br><i>(face client, open posture, nodding head, leaning in, and relax posture)</i>   |                                    |                       |                       | X                  |                                 | I lacked on the leaning forward. |
| Ability to reflect client feelings<br><i>Try using the format (You feel _____) because _____) to capture the feeling word and the possible reasons for the feeling. Phrase this tentatively so that clients can reject or modify your reflection if it is not correct.</i> |                                    |                       |                       | X                  |                                 |                                  |
| Ability to reflect meaning<br><i>(This looks like a paraphrase but goes beyond what the client says to include</i>   |                                    |                       |                       |                    | X                               |                                  |



# GRAND CANYON UNIVERSITY™

| Skills   | 1<br>Strongly<br>Disagree | 2<br>Disagree | 3<br>Somewhat | 4<br>Agree | 5<br>Strongly<br>Agree | Comments   |
|--|---------------------------|---------------|---------------|------------|------------------------|--|
| <i>their meaning, values, and goals.)</i>  |                           |               |               |            |                        |  |
| Ability to reflect content<br><i>(This is a paraphrase of what the client said.)</i> |                           |               |               | X          |                        | I did not summarize/paraphrase as efficiently as I would have liked. |
| Ability to use open-ended questions  |                           |               |               | X          |                        |  |
| Ability to paraphrase  |                           |               | X             |            |                        |  |
| Ability to summarize   |                           |               | X             |            |                        |  |

**Total Score: 48**



# GRAND CANYON UNIVERSITY™

## Part Two:

**Comments/Reflection:** 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 feel that I did well in my listening presence and showing the client that I was listening. I struggled to paraphrase or summarize well and I did not ask efficient open-ended questions.