**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:

1. **Session Management**

| **Skills** | **1**  **Strongly Disagree** | **2**  **Disagree** | **3**  **Somewhat** | **4**  **Agree** | **5**  **Strongly**  **Agree** | **Comments** |
| --- | --- | --- | --- | --- | --- | --- |
| Ability to effectively review informed consent with client. |  |  |  |  | ✔ | I was able to go through the main part of the consent form with the client. |
| Ability to establish rapport with client. |  |  |  |  | ✔ | I established a good rapport with the client making him feel comfortable. |
| Ability to open and close session effectively. |  |  |  |  | ✔ | I opened and closed the session effectively. |
| Ability to provide timely warning towards the end of the session. |  |  |  |  | ✔ | I alerted the client when our time was over and him an assignment for the week. |

1. **Attending Skills**

| **Skills** | **1**  **Strongly Disagree** | **2**  **Disagree** | **3**  **Somewhat** | **4**  **Agree** | **5**  **Strongly**  **Agree** | **Comments** |
| --- | --- | --- | --- | --- | --- | --- |
| Ability to engage in appropriate eye contact |  |  |  |  | ✔ | I engaged in eye contact constantly. |
| Ability to use nonverbals  *(face client, open posture, nodding head, leaning in, and relax posture)* |  |  |  |  | ✔ | I was able to use nonverbal communication throughout the session, for instance, nodding. |
| Ability to reflect client feelings  *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.* |  |  |  | ✔ |  | This is something that I need to work on. |
| Ability to reflect meaning  *(This looks like a paraphrase but goes beyond what the client says to include their meaning, values, and goals.)* |  |  |  |  | ✔ | I was able to reflect on what the client said and used paraphrasing. |
| Ability to reflect content  *(This is a paraphrase of what the client said.)* |  |  |  |  | ✔ | I was able to reflect on what the client said and used paraphrasing. |
| Ability to use open-ended questions |  |  |  |  | ✔ | I used mostly open ended questions. |
| Ability to paraphrase |  |  |  | ✔ |  | I will have to practice this. |
| Ability to summarize |  |  |  | ✔ |  | This is something that I need to work on. |

**Total Score: ­­­\_\_\_57\_\_\_**

**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 enjoyed doing the zoom recording and saw it as an opportunity to learn and improve my skills. Some of the areas that I did well include; going through the informed consent form with the client, opening and closing the session well, warning the client that our time was over, using nonverbal skills and reflecting on the meaning of what the client was saying. However, there are some areas that I need to work on. one is reflecting on the clients feeling. This is something that I kept forgetting to do during our session. I also need to work on my paraphrasing and summarizing skills. While I paraphrased severally I forgot to summarize.