

## Reflecting Skills

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| Skill   | Example  |
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| <b>Reflecting content:</b> Brief statement reiterating content from the client.   | “Your husband and you got into three fights since our last session.”   |
| <b>Reflecting affect/emotions:</b> Brief statement connecting client’s emotions to content from the session.  | “You feel <u>scared</u> right now, because your husband and you got into three fights since our last session.”<br><br>“You feel _____ when _____”  |
| <b>Reflecting meaning:</b> Brief statement that connects client’s experience to a deeper meaning system.  | “You feel scared right now, since you and your husband got into three fights since our last session. Fighting <u>means</u> that your relationship could end, and you will be alone.”   |
| <b>Paraphrase:</b> A statement that condenses more session content than a reflection of content, but less than a summary. It may include content, affect, and meaning.                                | “So last week you had some successes, including having a productive conversation with your boss, and you have also had some challenges, like fighting with your husband.”  |
| <b>Summary:</b> A statement that reiterates more content than paraphrasing. Typically used at transition/ending points in the counseling session. A summary may include content, affect, and meaning. | “During our session today, we talked about your relationship with your husband, and the ways in which that relationship seem to mirror other relationships in your life, many of which ended unexpectedly and left you feeling lonely and confused.” |

## Questions

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### Skill

**Open question:** A question that invites the client to respond with additional information.

**Open question stems:**

What  
When  
Where  
How

**Closed question:** A question that the client can answer with a yes/no.

**Closed question stems:**

Who  
Is  
Are  
Have  
Can  
Did

**Scaling questions:** Ask clients to rate something on a numerical scale.

Scaling questions are often used to assess suicidal thoughts.

### Example

“What happened before your husband and you got into that big fight?”

“Did your husband and you get in a fight this week?”

“On a scale from zero to ten, with zero representing no loneliness and ten representing overwhelming loneliness, how much loneliness do you have right now?”

## Additional Skills

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| Skill  | Example  |
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| <b>Immediacy:</b> Drawing attention to the client's behavior at a given point in the session.                                | "I see that you made your hands into fists while you were talking about the fight you two got in."   |
| <b>Silence:</b> Used to hold 'emotional space' during the session. Clients will often elaborate more to fill the silence.    | " "  |
| <b>Minimal encouragers:</b> Verbal or non-verbal statements/gestures that encourage the client to continue talking.          | "Uh-huh", "yeah?", head nodding  |
| <b>Reframe:</b> Positioning something that the client said in a more positive light.   | "While fighting with your husband was painful and scary, it has given you a unique opportunity to learn more about yourself and your romantic relationships."                                      |
| <b>Psychoeducation:</b> Providing clients with information so they can better understand a concept related to mental health. | "The Gottman's are well known for their research on romantic relationships. They found that there are four indicators that predict divorce: criticism, contempt, defensiveness, and stonewalling." |
| <b>Normalizing:</b> A statement that communicates that the client is not alone in a given struggle or experience.            | "It is normal for people in romantic relationships to sometimes argue with one another. Arguing is not an automatic indication that you will get divorced."  |