

























### Skill #1 (Copy and Paste for Skills 1-5)

Time in Video	
Client Statement (the client's last 1-3 sentences)	
Counselor Response (1-3 sentences)	
Counseling Skill Used (see list)	
How was your response helpful? Why did it work?	
What would you do differently?	
What other skill could you have used? (list 2-3 skills & response)	
Give an example of a "coffee shop talk" response that would NOT be helpful!	
Anything else you would like to add?	

#### Basic Counseling Skills

<b>(Opening)</b>	<b>(Reflecting)</b>	<b>(Challenging &amp; Goal Setting)</b>
Minimal Encourager	Paraphrase	Miracle Question
Prompts	Reflection of Feeling	Terrible Question
Closed Question	Reflection of Meaning	Scaling Question
Open Question	Summary	

