

BENCHMARK COUNSELING SKILLS TEMPLATE

	Client's Response	Counselor's Response	Better Response	Rationale
1 Time Stamp: 15sec.	Good how are you?	Hi Chris, How are you?	Hi Chris, What has brought you here today?	Open-ended question: This allows the client to elaborate at length & to lead the session.
2 Time Stamp: 1:02 min./sec.	Thinking of bad habits I have in general	Interruption of eye contact & looking down several times conveyed to client that I was not interested in what he was saying.	Squarely face the client-do not turn downward or turn to side & make eye contact	Builds a closer relationship with client & conveys empathy allowing the client and counselor to work together successfully
3 Time Stamp: 1min/50sec.	I bite my nails often	Directing/ leading client reasons why he bites his nails i.e., suggesting triggers and or boredom	Prompt the client to continue expressing his thoughts & feelings the reason he feels why he bites his nails frequently.” Chris can you tell me more” statement.	To facilitate expanded consideration for the content or context just shared
4 Time Stamp: 6min/35 sec	Ya that is right That social interactions can put me that frame of mind	Goal setting next session you would consider participating in?	Chris now that we have identified a trigger why you bite your nails, would you consider exploring goal setting next session to decrease the frequency of your nail biting issues?	The goal of opened question is to facilitate exploration regarding the clients issues
5 Time Stamp:8min	yes	Asked client if I could give them constructive feedback regarding	I noticed that you identified your nail biting as a bad behavior, what are	Labeling any issues as “bad” even when the client has done so,

		identifying issue as a bad behavior	your thoughts on a less negative identifier other than bad such as; making better a choice?	may have a negative effect on the client. Counselor should be mindful of harsh identifiers.
Any additional thoughts not captured above? What will you take away from this assignment? Prepractice makes perfect! Very informative and helpful experience! Thank you.				