

BENCHMARK COUNSELING SKILLS TEMPLATE**COUNSELOR: TARYN BUTCHER****CLIENT: NANCY FOOTE****RECORDED SESSION ON JANUARY 29TH, 2023**[Meeting in Taryn Alia Karrie Nancy -20230129 172803-Meeting Recording.mp4](#)

	Client's Response	Counselor's Response	Better Response	Rationale
1 Time Stamp: 11:45-12:55	"I find that I need to be doing more for myself personally, but then that feels really selfish when the kids need me and then trying to make dinner and be a mom. And so trying to be all those roles for everyone and feel successful in all of it is really draining emotionally and physically."	"Yeah totally, I can see how that would feel that way when you have to give your attention to a lot of different things and perform in a way that that feels like you're doing a really good job it can feel very emotionally draining so I understand where you're coming from. Do you feel like in those moments when you are getting to the point where you need to put yourself first, do you feel like that's a difficult thing for you to do?"	"I can see how having all of those responsibilities would be emotionally and physically draining. What does it look like for you to be "selfish" and take time to focus on your needs?"	I think this is a better response because it is less wordy, more concise. This statement still summarizes and reflects feeling. This question is also open ended and challenges the client while using their own terminology.
2 Time Stamp: 12:55-13:36	"I feel like sometimes even just going to get my hair done or I have a dog and I like to go take him for walks. I have that inside feeling where I'm like "Am I being selfish	"So you said "that they think are more important" what do you mean by that?"	~~"I'm hearing you say that~~ you think others believe your needs aren't as important as theirs, why do you think this?"	I think this is a better response because it reframes her statement in the form of a question while also summarizing what she has said.

	like taking time for myself” and then I know its important but I do struggle with taking that time for myself when I know everybody else needs me to be doing things that they think are more important.”			
3 Time Stamp: 13:37-14:26	“My youngest is 11 and he wants my attention when I get home from work he wants me to play legos or watch a movie or he’s reading harry potter right now so he just wants to tell me about it. And if I’m saying “I’m going to go do this for me.” I guess I feel like to him I’m not doing what’s most important because I’m not spending time with him. Saying “I’m going to get my haircut or I’m going to take the dog for a walk”	“It sounds like you’re saying that when you have to communicate your needs to him, you feel like you’re being dismissive of his needs, is that correct?”	“So you feel as though when you communicate your needs to your son, you feel dismissive of his needs. Why do you think this is?”	I think this is a better response because rather than asking “Is this correct” I am taking a stab at assuming what she is saying and then there is an opportunity for her to correct me if I am off base. This response also has an open ended question at the end which progresses the conversation.

	It's like telling him he's not as important."			
4 Time Stamp: 14:31-15:08	"I think for a lot of people when you do something for you, it feels selfish. I know that sounds really bad but it just feels selfish when you put your needs before others".	"Yeah I can see how it feels selfish. Do you feel like you often struggle with that feeling that you're needing to put your mental health or your basic needs first that your often first reaction is that you're being selfish, where do you think that kind of comes from?"	"Where do you think that feeling stems from?"	I think this is a better response. It is less wordy and gets right to the heart of challenging her to discuss where her beliefs and thought processes come from.
5 Time Stamp: 15:11-16:02	"I think I definitely do that, I think there's days when I know I need to put myself first. Because if I am not 100% I can't give my best to everybody else. So yeah I do, I just kind of think I struggle with that how do I put myself and my needs first when I have children. So yeah that is something that I struggle with pretty much daily."	"Well thank you for sharing, that requires a lot of vulnerability to express how you're feeling and how that's something you're struggling with daily so I appreciate you sharing that and I look forward to seeing you next week to talk further about it."	"I appreciate your honesty. We are coming to the end of our time today, but I would like to challenge you to do one thing for yourself this coming week and I will follow up with you about it next week to see how it made you feel."	I think this a better transition to end the session in a way that doesn't feel like it is cutting things short. I think this response is good because it challenges the client to do some action steps before the next session and this allows for progress to be tracked throughout the counseling with the individual.

Any additional thoughts not captured above? What will you take away from this assignment?

I think overall, I need to keep my responses **less wordy** and more concise. Making sure that I am using my skills of summarizing and reflecting meaning in a way that can be set up for a challenge or an action step is one take away I have from this assignment and something I plan to implement into my future counseling sessions. To ensure progress with the client, it is crucial to **not speak too much** or use any close ended questioning in the counseling sessions.