

BENCHMARK FINAL SKILLS COMPETENCY SCALE (SCS) PARTICIPATION

This is a scale to assess counseling skills. Please rate yourself numerically (0-10) using the following 15 skills items from "Advanced" to "Not Present".

Advanced	Proficient	Developin g	Not Present
10 - 9	9-7	7-0	0

Basic Skills

	Advance d	Proficient	Developin g	Not Present
Eye Contact and Attending Skills	10			
Verbal Toe and Minimal Encouragers	9			
Facial Expression and Gestures	10			
Empathy		9		
Being Non-Judgmental/ Unconditional Positive Regard	9			
Active Listening	10			
Open-Ended Questions		9		
Reflection (Feelings, Meaning, Content)		8		
Paraphrasing			7	
Summarizing			7	
Challenging/Confrontation		9		
Immediacy	9			
Self-Disclosure	10			
Goal Setting		8		
Wrapping up the Session		9		

Please add additional thoughts to explain your rationale for giving yourself the points you chose above.

I think it is harder to paraphrase and summarize for me then reflection. I have a hard time deciding what is important, because everything my client says feels important. It is hard sometimes to pick up some key points without leaving out something that should have been included, or what should have been left out. Also if I cannot relate to the pain of my client, I tend to be more sympathetic than empathetic, so I still have much more growing to do before I can counsel another.