

# Substance Institute presents



## Module 4 – Student's Notes Counseling Skills

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*The Bridge*  
Empowering Firms

# Counseling

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# Counseling

## What are the Core Skills of Counseling?

- **Core Counselling Skills** include non-verbal communication (NVC) where facial expressions, body language and gestures can be key in understanding what the client or counsellor is thinking or feeling such as showing empathy, stress, or confidence.
- **Own Unique Skill Set** - Counseling covers a wide range of disciplines and approaches, each requiring its own unique skill set. Counselor's development is vita, l so you will never stop learning.
- **Communication Skills** - Active listening is a fundamental skill, together with encouraging clients to talk by asking open questions while keeping the client's responses on track. The counselor also needs to listen to what is not being said whether through omission or expressed non-verbally.
- **Human Skills** - Counseling effectiveness is measured by outcomes, so skills are required that facilitate clients improve their lives through changes in their thought processes and behavior. A skilled counselor can identify negative thinking patterns and enable the clients to replace them with positive ones.
- **Practice Management Skill** - Whether running her own practice or simply managing her workload as an employee, the counselor needs to possess a number of organizational skills including prioritizing and timekeeping.
- **Personal Attributes Skills** alone won't necessarily result in a successful counseling career. Attitude, empathy and many other intangibles are also

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# Counseling

crucial. The client-therapist relationship is based on trust, so these qualities are essential to empower the client. Therapy can take time and persistence, so patience and tenacity are important.

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## Basic Counseling Skills & Techniques

Benefits of Counseling Tackling the ups, downs, and all-around issues that come along with living a healthy life is no easy bull's eye to hit. Every week can bring family emergencies, health problems, relationship issues, and career concerns. With all of these things that we cannot ignore how do we go about facing them head-on with strength, self-assurance, and a clear mind?

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So, get ready to open up to make the best use of counseling techniques.

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First, what are the benefits of counseling?

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## 14 Facts about Counseling can help you...

1. Feel better about yourself.
2. Feel more at peace, at ease in your daily activities, more comfortable, and more secure in the world.
3. Feel more successful and more joyful on a more regular basis.
4. Feel more connected to others, especially those who are close to you, such as your family, spouse, or best friends.
5. Reduce stress at home, in the workplace, or in relationships.
6. Help with your physical health by reducing emotional worries or stressors.
7. Work through your problems with a skilled and compassionate professional counselor.
8. Identify the goals that you have in life, as well make new goals that you want to achieve.
9. Learn new behaviors or responses to situations that can help you better achieve your goals.

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# Counseling

10. Establish healthy and efficient ways and techniques for reaching your goals.
11. Understand your own thoughts, feelings, and responses.
12. Understand your loved ones and your relationships with them.
13. Develop a safe and friendly listening ear. • Speak with a skilled professional about your fears and perceptions of the world, and others. • Feel safe about expressing any personal troubles or private concerns.
14. Work towards greater self-fulfillment.

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## 24 Counseling Techniques

There are many different techniques that counselors can use with their clients.

Here is a look at some of the techniques that are felt to be most effective during a counseling session:

- 1) **Spheres of Influence:** This assessment tool will get the individual to look at areas of their life and see which areas may be impacting and influencing them.
- 2) **Clarification:** A counselor should often ask their client to clarify what they are telling them to make sure they understand the situation correctly.
- 3) **Client Expectations:** When a person enters therapy, they should voice their opinions about counseling and their beliefs about treatment
- 4) **Confrontation:** This does not mean the client confronting the therapist, or vice versa. The confrontation that should happen here is within the client. The client should be able to self-examine themselves during counseling.
- 5) **Congruence:** This has to do with the counselor being genuine with their feedback and beliefs about their client's situation and progress.
- 6) **Core Conditions:** This technique in counseling goes over some essential traits that the counselor

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# Counseling

- a. A miracle question could be something along the lines of:
- i. “What would your world look like if a miracle occurred?
  - ii. What would that miracle be and how would it change things?”
- 17) **Stages of Change:** By assessing a client’s needs, a counselor can determine the changes that need to occur for their client, and when they should take place.
- 18) **Trustworthiness:** The counselor must create an environment for their client as such that their client feels that they have the capacity to trust their counselor.
- 19) **Capping:** A lot of counselors use the technique of capping during their sessions. Capping involves changing a conversation’s direction from emotional to cognitive if the counselor feels their client’s emotions need to be calmed or regulated.
- 20) **Working Alliance:** Creating a working alliance between a counselor and their client is essential for a successful counseling environment that will work to achieve the client’s needs.
- 21) **Proxemics:** This technique has the counselor study the spatial movements and conditions of communication that their client exhibits. By studying their clients’ body orientation, the counselor can determine mood, feelings, and reactions.
- 22) **Self-Disclosure:** The counselor will make note when personal information is disclosed at certain points of therapy.
- 23) **Structuring:** When the individual enters counseling, the counselor should discuss the agenda for the day with their client, the activities, and the processes that they will go through.
- 24) **Hierarchy of Needs:** This technique involves the counselor assessing their client’s level of needs as based on the progress that they are making.
- a. The needs that they will factor in are:

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# Counseling

- i. Physiological needs,
- ii. Safety needs,
- iii. Love and belonging needs,
- iv. Self-esteem needs, and
- v. Self-actualization needs.

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## Counselor Interactions with Clients

Research is increasingly finding that the type of therapy used is not as important to outcomes as are specific counselor behaviors such as

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(1) Enthusiasm,

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(2) Confidence, and

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(3) Belief in the Client's ability to change.

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## Basic Effective Counseling Skills Useful for Positive Interactions with Clients.

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**1. Listening** – The act of listening is further delineated into the following two components.

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a. Attending - Orienting oneself physically to the Client to indicate one is aware of the Client, and, in fact, that the client has your full, undivided attention and that you care. Methods include eye contact; nods; not moving around, being distracted, eye contact, encouraging verbalizations; mirroring body postures and language; leaning forward, etc. Researchers estimate that about 80 percent of communication takes place non-verbally.

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b. Listening/observing - Capturing and understanding the verbal and non-verbal information communicated by that Client.

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**2. Empathy** -The ability to perceive another's experience and then to communicate that perception back to the individual to clarify and amplify their own experiencing

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# Counseling

and meaning. *It is not identifying with the Client or sharing similar experiences, not "I know how you feel"!*

**3. Genuineness** - Ability of counselor to be freely themselves. Includes congruence between outer words/behaviors and inner feelings; non-defensiveness; non-roleplaying; and being unpretentious.

**4. Unconditional positive regard** - An expression of caring and nurturance as well as acceptance.

- Includes conveying warmth
- Also conveying acceptance by responding to the Client's messages (verbal and non-verbal) with nonjudgmental or noncritical verbal & non-verbal reactions.
- Respect - Ability to communicate to the Client the counselor's sincere belief that every person possesses the inherent strength and capacity to make it in life, and that each person has the right to choose his own alternatives and make his own decisions.

**5. Concreteness** - Keeping communications specific and focused on facts and feelings of relevant concerns, while avoiding tangents, generalizations, abstract discussions, or talking about counselor rather than the client.

This includes the following functions:

- a. Assisting client to identify and work on a specific problem from the various ones presented.
- b. Reminding the client of the task and re-describing intent and structure of the session.
- c. Using questions and suggestions to help the client clarify facts, terms, feelings, and goals.
- d. Use a here-and-now focus to emphasize process and content occurring in current session, which may of help to elucidate the problem being worked on or improving the problem-solving process.

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**6. Open Questions** - A questioning process to assist the client in clarifying or exploring thoughts or feelings. Here, the counselor is not requesting specific information and not purposively limiting the nature of the response to only a yes or no, or very brief answer.

- a. Goal is to facilitate exploration – Not needed if the client is already doing this.
- b. Have an intention or therapeutic purpose for every question you ask.
- c. Avoid asking too many questions, or assuming an interrogatory role.
- d. Best approach is to follow a response to an open-ended question with a paraphrase or reflection which encourages the client to share more and avoids repetitive patterns of question/answer/question/answer, etc.

**7. Counselor Self-Disclosure** - The counselor shares personal feelings, experiences, or reactions to the client. Should include relevant content intended to help them.

**8. Interpretation** - Any statement to the client which goes beyond what they have said or are aware of. In interpretation the counselor is providing new meaning, reason, or explanation for behaviors, thoughts, or feelings so that Client can see problems in a new way.

Interpretations can help the client make connections between seemingly isolated statements of events, can point out themes or patterns, or can offer a new framework for understanding.

An interpretation may be used to help a Client focus on a specific aspect of their problem, or provide a goal.

**9. Information Giving and Removing Obstacles to Change** - Supplying data, opinions, facts, resources or answers to questions.

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# Counseling

## 5 Skills Every Counselor Should Possess

- 1) **Communication Skills:** An excellent counselor can convey information in a concise way that ensures that a client understands the counselor's concerns, advice, etc.
- 2) **Listening and Attending:** Counselors need more than excellent listening and comprehension skills.
- 3) **Focusing and Paraphrasing:** When a client first meets with a counselor, he or she may not know their problems' root cause(s).
- 4) **Validating and Challenging:** As counselors provide mental health services, they must make clients feel validated – that it is normal to feel upset, nervous, angry, etc.
- 5) **Multicultural Competencies:** Counselors, especially guidance and school counselors, must possess multicultural competencies.

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## Mental Health Counseling Techniques

To make counseling effective, counselors must not only master counseling skills and techniques but also understand the different theories that guide mental health professionals. Comprehensive online master's in mental health counseling programs typically emphasize the following four theories – their history, impact, and continued relevance.

### 1. Behavioral Theory

Behavioral theory explains people's behavior by examining life experiences. Psychologist B.F. Skinner was an advocate for behavioral theory, as he showed through animal testing that conditioning could affect behavior significantly.

### 2. Cognitive Theory

Instead of focusing on actions, cognitive theory examines how people's thoughts influence their behavior.

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# Counseling

## 3. Humanistic Theory

Humanistic theory assumes that people are good and desire agency over their own lives. Counselors who use humanistic theory focus on clients' subjective feelings and use those feelings as a way to treat underlying problems.

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## 4. Integrative Theory

As the name suggests, integrative theory synthesizes behavioral, cognitive, and humanistic theories, among others.

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## School Counseling Techniques

School counselors possess a variety of techniques/skills that allow them to help students, collaborate with faculty, and implement new district and school-level policies. In online master's in school counseling programs, students begin developing these skills before honing them in school settings (e.g., a practicum).

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## 1. Problem-Solving and Conflict Resolution

Without much life experience to pull from, primary and secondary school students lack developed problem-solving and conflict resolution skills (e.g., dealing with a bully, student-teacher conflict, etc.).

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## 2. Group Counseling Theories

Group counseling has many advantages in the school setting. One, it brings together students who may share a similar problem or were part of a conflict. Group counseling can also promote empathy among students.

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## 3. Special Needs Counseling

Students with special needs (e.g., ADD, ADHD, Autism-spectrum disorder, etc.) require highly trained counselors who can promote their academic success while working within the context of the disability. Counselors-in-

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# Counseling

training must examine the latest research and work with students with disabilities.

## Impact of Effective Counseling Techniques

Effective counseling can make a significant, positive impact on clients' lives. Some positive outcomes might include:

- Better decision making
- Coping skills
- Improved outlook on life
- Ability to plan for the future (e.g., college and career preparedness)
- Improve socialization with peers, teachers, and family
- Engagement with extracurricular activities

## Basic Counseling Skills:

### Listening and communication skills

While “good therapeutic listening is extremely rare,” effective therapists should develop the following skills (Cochran & Cochran, 2015, p. 25):

- Focus on what a client is telling them for at least several minutes with total concentration.
- Summarize the core content of what is said (without their own belief bias) while avoiding missing key details or adding judgments or opinions.
- Recognize when they are adding in their own, uncommunicated thoughts.
- Be aware of their body language as a listener and recognize feelings physically and emotionally.
- Remain comfortable with silences and encourage the client to own them.

Good verbal communication is a valuable skill in therapy. Statements such as “I understand what you are saying” or “I can see you are in pain” can significantly affect the client’s confidence in the therapeutic process and the therapist.



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## Skilled therapists should ask themselves

(Nelson-Jones, 2014):

- **Is the language appropriate to the situation and the client?**

The client may have little or no therapy experience or may have limited vocabulary skills.

- **What does the content of what is being said refer to?**

The therapist must tune in to what is being said and about whom; for example, “I just don’t seem to care anymore.”

- **How much is being said?**

Too little speech may indicate client shyness or difficulty talking about a sensitive subject; too much may be a tactic to avoid sharing what is really wrong. Similarly, there is a problem if the therapist is talking more than the client or regularly interrupting.

- **Ownership of speech**

The pronoun ‘you’ can sound judgmental. Using “I” to talk about how the speaker feels can be less confrontational and more engaging.

## Reflection skills

Reflection is complex, requiring considerable therapist skills to communicate with clients that they are striving to understand (Cochran & Cochran, 2015).

An effective therapist must become skillful in the art of reflection and able to demonstrate the following (modified from Cochran & Cochran, 2015):

- Reflect their version of what the client has communicated.
- Use declarative statements when they believe they understand what has been said.
- Keep reflections concise.



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- Focus on the main point of what has been shared, particularly the most emotionally laden statements.
- Accept corrections to what they have said.
- Interrupt a client with a reflection only when it assists clarity or to avoid being overwhelmed.
- Use reflections to encourage the client's communication without damaging the conversation flow.

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## Helping skills

Helping skills typically include specific verbal skills taught to students who are training to become mental healthcare professionals, including (Hill & Lent, 2006):

- Open questions  
Helping clients elaborate on their internal frames of reference (such as, *'Tell me about that'*).
- Reflections of feelings  
Being aware of more profound emotional messages and showing that the therapist is attuned to the client.
- Interpretations  
Uncovering the meaning behind what is said.
- Direct guidance  
Setting realistic and achievable expectations for goals and appropriate behavior.

Helping skills can be learned through instruction or by modeling *experts*.

## Counseling Micro skills Explained

*Attending* and *listening* are vital skills for forming a helpful ongoing dialogue between the therapist and client and are often referred to as microskills (Tan et al., 2015).

### Attending

Attending refers to how the therapist presents to the client physically, psychologically, and emotionally.





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The therapist must be present, available to the client, and rather than turning up with a fixed agenda, flexible and prepared to put themselves in the client's situation.

Therapists should maintain an open and relaxed posture, including uncrossed arms and legs, and eye contact while following the conversation closely.

## Listening

Listening relates to the importance of understanding the client's narrative. Empathy is key to good listening.

Being capable of seeing the world from the client's perspective can create a growth-promoting therapeutic environment.

Together, microskills combine to form an effective counseling conversation (Tan et al., 2015).

## Effective Techniques Used by Counselors

Counselors combine several techniques to be effective with clients, including *challenging* and *reflecting feelings*.

## Challenging skills

Challenging clients' existing perceptions can help offer new perspectives, reframing how they see problems or previous events (Nelson-Jones, 2014).

The following guidelines can help develop the skills of challenging without confronting (modified from Nelson-Jones, 2014):

- **Reflecting thoughts**

Begin by showing the client that they have been heard and understood.



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- **Helping clients challenge themselves**  
Sending mixed messages or asking clients to back up their arguments encourages clients to question their internal frame of reference.
- **Challenges should not be put-downs**  
Avoid messages that begin with “you” that can be taken negatively.
- **Avoiding strong challenges**  
Challenging too hard can create resistance.
- **Avoiding threats**  
Avoid verbal or nonverbal threats, such as pointing or a raised voice.
- **Leaving the client responsible**  
Let the client choose if they move forward with the challenge.
- **Neither overdoing nor avoiding challenges**  
Challenging can be valuable, pushing toward client change. Too much can create the perception of an unsafe emotional climate.

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## Reflecting feelings

“Reflecting feelings, rather than reflecting thoughts alone, can establish a climate for initial and subsequent sessions where clients share rather than bury feelings”  
(Nelson-Jones, 2014, p. 102).

Unlike paraphrasing, *reflecting feelings* involves picking up both verbal and nonverbal messages and requires skills as both a receiver and a sender (modified from Nelson-Jones, 2014).

Receiver skills include:

- Understanding the client’s face, body, vocal, and verbal messages.



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- Being in tune with their own emotional reactions.
- Considering the context of the message sent.
- Being aware of both the surface and deeper messages from the client.

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Sender skills include:

- Responding to the client, showing awareness and understanding of feelings.
- Using expressive responses rather than *wooden* replies.
- Confirming the accuracy of understanding.

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## How to Improve Your Counseling Skills

Mental health professionals need to become their own best counselors; if therapists truly believe in their approach when applied to clients, it should also help *them* “lead happier and more fulfilled lives” (Nelson-Jones, 2014, p. 483).

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## Assessing Counseling Skills: A Scale

Therapists, particularly students and trainees, should regularly reflect on their skill set and recognize opportunities for development and growth.

- Skill Evaluation Form – Kent State University has produced a *Counseling Skills and Techniques* measure that while developed for students, can be relevant for trainees and more experienced therapists.
- American Counseling Association Code of Ethics – This Code of Ethics includes details of the competencies required for a counselor along with ethical considerations and standards for the counseling relationship.
- Psychotherapy Process Q-Set – This 100-item questionnaire is used to score therapy sessions and classify the overall therapy process.

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# Counseling

## Thing to remember

- Becoming and persisting as an effective counselor requires expertise and a rich and diverse set of skills (Hill, Spiegel, Hoffman, Kivlighan, & Gelso, 2017). These skills can be developed through education, training, practice, experience, and supervision.
- Good counseling skills are vital to building robust and positive therapeutic alliances, delivering on agreed goals, and achieving successful outcomes as part of the psychological process.
- By investing time and energy, it is possible for counselors to grow new and develop existing skill sets and help people move closer to how they wish to live by changing how they think, feel, and act.
- While open communication and showing empathy are vital, so too are sharing the tools needed by the client to solve their problems. Once empowered, they can overcome new and existing difficulties.
- Explore the skills discussed within this article and identify the support you need to develop them further. It is ultimately beneficial to you and your clients that you become the most skilled counselor possible.

## 40 Counseling Interview Questions to Ask Your Therapy Clients

Empowering your Clients and guiding them to realize their inner strengths to deal with life's difficulties are some of the central goals of counseling.

Knowing which questions to ask Clients at different points of the counseling process is vital, as your Clients will be more inclined to reflect on their difficulties.



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Ultimately, this will ease distress and promote long-lasting change (Prout & Wadkins, 2014).

## What Is the Counseling Interview? 2 Types

Counseling interviews are 1) multifaceted and 2) can be structured or more fluid, depending on the therapeutic relationship stage at which it is conducted.

The conversation should be characterized by respect, empathy, and active listening.

The counselor should also be mindful of their affect and tone throughout the discussion (Prout & Wadkins, 2014).

In clinical practice, there are two types of interviews that a clinician uses to help understand the difficulties that bring Clients to their practice (Kelly, 2020).

Each interview serves a different purpose, but interviewing in general aims to give the clinician more information about their Clients so that they can provide relevant treatment and guidance.

- 1) A structured clinical interview is a semi-structured guide outlined in the fifth edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-V).
- 2) A clinical interview is more focused on facilitating conversation between the Client and the counselor. Even though there is still a focus on building a rapport with the Client, the purpose of this interview is to understand their life and what aspects of it are being affected. This type of interview is usually done during the first counseling session and is used to help determine the trajectory for the conversations in subsequent sessions.



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## 5 Good questions for your first session

The first session is focused on understanding the presenting problem, which is the Client's current level of functioning.

The first question should always be, *'What brings you here today?'*

## Questions that delve more into a Client's past and present experiences include:

- *What was your childhood like?*
- *Can you tell me about your family growing up?*
- *Are there any relationships (romantic or non-romantic) that have impacted your personal outlook or daily functioning?*
- *When you encounter difficulties, what are your current coping mechanisms?*
- *What do you think your strengths are?*
- *Describe an instance where you've used them.*

## Useful Assessment Questions

**Assessment** is a process, not a means to an end in counseling, as it allows for counselors to decide what issues need to be addressed first and what kind of treatment and interventions should be implemented (Balkin & Juhnke, 2014).

## History of hospitalizations –

- *'How many times have you been hospitalized?'*
- *What for?'*

## Medications –

- *'Are you currently on any medication?'*
- *If so, for what and what is the dosage?'*



# Counseling

## Previous therapeutic experience –

- *‘Have you ever had therapy before?’*
- *‘If so, what kind of therapeutic interventions/practitioners have you seen?’*

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## Suicidal ideation –

- *‘Have you ever had thoughts of killing yourself or attempted to kill yourself?’*
- *‘What motivated or triggered these thoughts?’*

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## Symptomatology –

- *‘What kind of symptoms have affected your daily functioning?’*
- *‘Rate the severity and frequency of each symptom.’*

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## Process of the Interview: Step-by-Step Guide

Each stage of the interview process will help to build this connection between you and your Clients. Below is an outline of the stages you should follow when trying to build a meaningful rapport with your Clients (adapted from Cameron, 2008):

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### Step one – Making a connection

The first portion of the interview should be focused on building rapport with your Clients, such as demographics, history, and the reasons counseling is sought (Ivey & Ivey, 2003).

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Questions should be open ended and aim to give each session a specific purpose.

- *‘What brings you to counseling?’*
- *‘What would you like to focus on in today’s session?’*
- *‘What can we do today that will help you move forward?’*

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# Counseling

## Step two – Identifying individual strengths and goals

During this step, the focus is on getting a Client to recognize their strengths and acknowledge them through self-affirmation.

To set the stage, counselors can ask Clients questions that help draw out their inner strengths, such as,

- *‘Where do you think your strengths are?’* or
- *‘Tell me about a time when you felt good about something you did.’*

## How to Use Open Questions

There are two broad approaches to questioning in counseling: open-ended and closed questions.

Closed-ended questions are less broad and are used to get very specific information from your Clients, for example, medical information or living arrangements (Balkin & Juhnke, 2014).

Open-ended questions are more unstructured and are meant to give you more information about unique events and, when used strategically, can be formatted to gain specific insight about various parts of the Client’s life (Australian Institute of Professional Counsellors, 2009).

- *“How”* questions enable Clients to talk about their feelings –
- *‘How does this particular situation make you feel? How did this experience shape your current perspective?’*
- *“What”* questions help you get specific facts surrounding a situation that has shaped your Client’s perspective –
- *‘What happened here?’*
- *‘What role did (person) play in this situation?’*
- *“When”* questions are centered around the timing when a situation or event occurred –

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# Counseling

- *‘When did this happen?’*  
“Where” questions give specific information about the environment or place the event took place –
- *‘Where did this situation occur? Where did most of these difficult events happen?’*
- “Why” questions focus on the reasons leading up to the event or any information related to it –
- *‘Why did (person) react that way? Why did X happen at this particular time?’*

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## Best Questions for Your Sessions

Questions that can help facilitate reflection during your sessions include:

- *How are we doing?*
- *Are these sessions helpful?*
- *What do you want to work on?*
- *What would you like to get out of today’s session?*
- *Where would you eventually like to be?*
- *Where do you think you can go?*

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## 5 Questions for marriage and couples counseling

According to Gottman and Silver (1999), the central reason couples choose to seek marriage or couples counseling is because of difficulties in communication.

Start by asking questions such as:

- *How long have you and your partner been together?*
- *What are you hoping to achieve in these sessions?*
- *Can you tell me what has prompted you to seek couples/marriage counseling?*
- *Tell me about how you met.*
- *Do you have any issues outside your relationship with each other that cause difficulties in your partnership (e.g., in-laws, co-parenting with high-conflict exes, stepchildren, differing work schedules)?*

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# Counseling

Some open-ended questions counselors can ask to help guide their clients include:

- *How long have you been in your chosen career?*
- *Where do you see yourself in 10 years? Do you still see yourself in this field, or do you think you want to move into another area?*
- *Are you happy with your chosen career path? What could be better?*
- *Think of a goal you have achieved. What are the steps you took to get there?*

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## 3 Books to Read about Developing your Counseling Skills

1. The Heart of Counseling: Counseling Skills Through Therapeutic Relationships – Jeff Cochran and Nancy Cochran

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2. Practical Counselling and Helping Skills – Richard Nelson-Jones

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3. Counseling and Psychotherapy Theories in Context and Practice: Skills, Strategies, and Techniques – John Sommers-Flanagan and Rita Sommers-Flanagan

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## References:

- <https://courses.aiu.edu/COUNSELING%20SKILLS/10/10.pdf>
- <https://teach.com/online-ed/counseling-degrees/counseling-techniques/>
- <https://positivepsychology.com/counseling-skills/>
- <https://positivepsychology.com/counseling-interview-questions/>

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# Counseling

**Question 2: What do you think is the best Counseling Skill you can use for your Clients and why?**

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**Question 3: List 12 Question that you can use in Counseling.**

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# Counseling

**Question 4: What are the 14 Facts about Counseling can help you?**

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3. \_\_\_\_\_
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# Counseling

Notes / Comments / Questions

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## Module 4 - Counseling Skills - Teachers Notes

**Question 5: Explain 2 Basic Effective Counseling Skills Useful for Positive Interactions with Clients and why?**

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**Question 6: Explain Counselor Interactions with Clients and why?**

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