

Sul Ross State University
Rio Grande College
Department of Education

TECHNIQUES OF COUNSELING I

EDUC 6321

3 semester credit hours

Fall Semester 2014

Instructor: Todd T. Russell, Ph.D.

Office: RGC Uvalde Campus A126

Office Phone: (830) 279-3025

Home Phone: (210) 233-1953

Cell Phone: (210) 253-0884

Fax: (210) 340-2359

E-Mail: trussell@sulross.edu

Office Hours:

Available to meet with students by appointment in Uvalde on Mondays and Wednesdays 4:00 – 6:00 pm and 8:45 – 10:00 pm.

Available for virtual assistance via online chat, email and cell phone 9:00 am – 12:00 pm Mondays and Thursdays.

Available at other times and locations by appointment.

Graduate Teaching Assistant: Rosario Ortiz, B.A.

Cell Phone: (830) 765-9364

E-Mail: rortiz2@sulross.edu or rortiz123@yahoo.com

Course Purpose

This course will provide an experiential opportunity in professional counseling practice designed to develop communication and conceptualization skills essential to an effective and culturally relevant counseling relationship.

Prerequisite: *Student must have earned a grade of B or higher in EDUC 5314 and have permission of the instructor.*

Course Objectives

Upon successfully completing this course, students will be able to:

1. Identify and demonstrate basic listening and influencing skills necessary to initiate and maintain a counseling interview. *Assessment of this objective will be conducted by the Midterm Skill Evaluation and the Final Skill Evaluation.*
2. Assess the unique counseling needs of the client, incorporating various testing and appraisal data. *Assessment of this objective will be conducted by the Clinical Appraisal Report, the Midterm Skill Evaluation, the Final Skill Evaluation, and the Final Examination.*
3. Develop and describe very basic parameters of a personal integrated approach to counseling based on accepted practice, ethics, and his/her own personality. *Assessment of this objective will be conducted by the Final Skill Evaluation, the Final Examination, the personal Blogs, and instructor observation of classroom participation.*

4. Evaluate the effectiveness of counseling skills, techniques, and interventions at a beginning counselor level. *Assessment of this objective will be conducted by the Midterm Skill Evaluation, the Final Skill Evaluation, the Clinical Supervision Reports, the personal Blogs, the spontaneous assignments, and the Final Examination.*

5. Demonstrate professional commitment and personal growth. *Assessment of this objective will be conducted by the Midterm Skill Evaluation, the Proof of Degree Plan, the Final Skill Evaluation, the personal Blogs, the spontaneous assignments, and instructor observation of classroom participation.*

Readings

There are no required texts for this course; however there is an abundance of required reading that will be posted and available on Blackboard. Students are expected to remain current with the posted readings, articles and handout materials. Additionally, there will be brief spontaneous assignments for students to locate certain professional journal articles and share with the rest of the class. These articles are also considered required reading for the course.

Class Sessions

This class will meet on Monday evenings, from 6:00 p.m. to 8:45 p.m., in Uvalde in B101. Class sessions will include fishbowl demonstration, debriefing, discussion, role-play, and skill rehearsal. Additionally, all students are expected to attend and participate in at least **twelve** (approximately once per week throughout the semester) triad practice sessions outside of class. These practice and rehearsal sessions typically take about 90 minutes to two hours and are scheduled outside of class at the convenience of the triad members. Practice Triads consist of a counselor, a client, and an observer. All triad practice sessions must be video recorded for the purpose of supervision and evaluation. It is recommended that all recording be done via digital video cameras. The video and audio qualities must be clear, distinct, unambiguous and without distraction. Digital recording will allow you to store your sessions on your computer, and supervisors will be able to conduct clinical supervision via Skype, Face Time or other virtual meeting programs. All students are expected to attend and participate in at least **twelve** one-hour weekly clinical supervision sessions with Clinical Supervisors. Students who are not able to comply with these course requirements must drop this course immediately. Therefore, you can expect a minimum of three hours per week of scheduled work outside of class, approximately two to three hours per week of reading and studying, and two to three hours of Monday night class sessions (“fishbowl”) per week.

Course Requirements and Grading

*regular attendance and participation	50 points
*mindful observation journal blog	50 points
*evaluation and progress reports by clinical supervisors	20 points
*clinical appraisal report due on 11/17	20 points
*midterm skill evaluation on 10/20	60 points
*final skill evaluation on 12/1	100 points
*objective final examination will be available online on 12/8	100 points

According to this scale, there are 400 total points possible on which your final course grade will be based. A final point total of 360 or greater will earn you a final grade of A, a total of 320-359 will be a final grade of B, and a total of 280-319 will be a final grade of C, which is not acceptable for advancing to Techniques II. If you earn a final grade of C or less, you will be invited to enroll in Techniques I again at a later time with a different group of learners. You will have the opportunity to repeat the course and improve your performance. **Regardless of the excuse, late assignments will be discounted in point value at 10% of the total points possible per day of lateness.**

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- October 6
- *Reflection of Feeling
 - *Accurate Empathy
 - *Painful Discomfort of Mindfulness
 - *Authentic Presence with Own Emotions
 - *Modeling Emotional Courage to Clients
 - ***Blackboard: Readings and Blog
-
- October 13
- *Personalizing Client Content
 - *Demonstrating Counselor Affect
 - *Mindfulness and Emotions
 - ***Blackboard: Readings and Blog
-
- October 20
- **Midterm Skill Evaluations** (*triads scheduled for specific time*)
-
- October 27
- *Integrating Listening Skills
 - *Personal Goals for Semester
 - *Mindful Self-Compassion and Self-Care
 - ***Blackboard: Readings and Blog
-
- November 3
- *Confrontation
 - *Reflection of Meaning
 - *Mindful Challenges and Therapeutic Conflict
 - ***Blackboard: Readings and Blog
-
- November 10
- *Influencing Skills
 - *Minimal Questioning
 - *Interpretation
 - *Self-Disclosure
 - *Authenticity, Genuineness and Mindfulness
 - **TCA Conference in Dallas: 11/12-11/15**
 - ***Blackboard: Readings and Blog
-
- November 17
- *Immediacy
 - *Feedback
 - *Directives
 - *Skill Integration
 - *Counseling as Dynamic Process
 - *Sitting Mindfully with Self-Doubt and Condemnation
 - **Due: Clinical Appraisal Report**
 - ***Blackboard: Readings and Blog
-

November 24 *Termination of Counseling Relationship
 *Client Conceptualization
 *Process of Supervision
 *Mindfulness in Clinical Supervision
 *Final Fishbowl and Last Class Experience
 ***Blackboard: Readings and Blog

November 26-28 ****Thanksgiving Holiday**

December 1 ****Final Skill Evaluations** (*triads scheduled for specific time*)
 ***Blackboard: Readings and Blog

December 8 ****Objective Final Examination Online**
 ****Mindful Observation Journal Blog Completed**

Remember these important dates:

August 25	Class begins and last day to add EDUC 6321 or EDUC 7315.
September 1	Labor Day Holiday: No Class.
September 2	Last day for late registration and schedule changes.
October 17	Mid-Semester.
October 20	Midterm Skill Evaluations will be conducted.
November 3	Online registration for Spring 2014 begins.
November 14	Last day to drop a course or withdraw from the University.
November 17	Clinical Appraisal Report is due.
November 12-15	TCA 2014 Conference in Dallas.
November 26-28	Thanksgiving Holiday.
December 1	Final Skill Evaluations will be conducted.
December 4	Last class day.
December 8	Objective Final Exam in available online.
December 13	Fall Commencement in Uvalde at 7:30 p.m.

ASSIGNMENTS AND ACTIVITIES

Attendance and Participation

All students are expected to attend class regularly and on time. Tardiness and absenteeism have extreme detrimental effects on both learning and counseling skill rehearsal. Additionally, all students are expected to attend and participate in at least **twelve** (approximately once per week throughout the semester) triad practice group sessions. These practice and rehearsal sessions typically take about 90 minutes to two hours and are scheduled outside of class at the convenience of the triad members. Practice Triads consist of a counselor, a client, and an observer. All triad practice sessions must be video recorded for the purpose of supervision and evaluation. Furthermore, all students are expected to attend and participate in regular weekly individual clinical supervision sessions (minimum of 12 individual supervision sessions) with a Clinical Supervisor. Students who are not able to comply with these course requirements must drop this course immediately.

The Triad Practice Group sessions typically require that about 90 minutes to two hours of time be scheduled outside of class at the convenience of the triad members. Practice Triads consist of a counselor, a client, and an observer. Immediately following a brief (20-45 minutes) counseling session, the observer shares feedback with the counselor on his/her performance. The focus of observation and discussion is on the skill and conceptualization of the counselor and not the content (storyline) of the client. When one counselor-client practice session is complete and feedback has been given, everyone rotates to a new position until each member of the triad has been in each of the three roles. If you are part of a "four person triad" ("quad"), there will be two observers (A & B), and every member will serve as observer twice. All triad practice sessions must be video taped for the purpose of clinical supervision and graded evaluation. You will need to have access to a digital video camera for recording the triad counseling sessions. During the first two weeks of the semester, you must become comfortable and confident with uploading your video recorded counseling sessions to flash drives and CDs. You might also want to learn how to post private videos on Vimeo.

All students are required to turn off or completely silence electronic devices such as cell phones, iPhones, and laptop computers. Any student who uses such electronic devices in class, or allows such instruments to make any sound during the class time frame, will be asked to leave class for that evening and will lose 20 points from the attendance and participation score. If a student's job requires him/her to be "on call" then such arrangements should be discussed and planned in advance with the instructor.

Missing a class meeting for any reason will result in the deduction of 20 points from the attendance and participation score, **regardless of the excuse**. Additionally, missing a scheduled triad practice session, or a clinical supervision session, will result in the deduction of 10 points from the attendance and participation score, **regardless of the excuse**. There will be no opportunities for making up missed class sessions. Participation in the class is measured by one's willingness and courage to take risks. ***You will be invited and encouraged to leave your egos and your performance anxieties at the door!*** Participation is evaluated by the instructor on a subjective basis. Attendance and participation are worth a total of **50 points**.

Mindful Observation Journal Blog

All students are required to maintain Mindful Observation Journal Blogs on the class Blackboard site. This requirement exists for both *Techniques of Counseling I* (EDUC 6321) and *Group Counseling* (EDUC 7315), so students must be mindful to keep content and observations separate, unless otherwise appropriate. These journal blogs are documentations and demonstrations of personal growth, struggle, awareness and professional/academic understanding. Blogs should include cognitive and affective responses to class topics, fishbowl demonstrations, and discussions. The Blogs should include at least twice-weekly entries based on the events and experiences of that week's fishbowl and triad practice work. During the first week of the semester you will have access to the Blog section on the class Blackboard site. Do not use the reply button to post additional entries to your own blog. Only use the reply button when you are commenting on someone else's blog entry. To edit and/or modify your blog, simply use those buttons. Always start your blog entry with the date and time of your most recent journal entry. Post your most recent entries first before your older entries. Therefore, when we open your blog we will always see your latest and most recent entry first. At various points throughout the semester, the Instructors will provide feedback to individuals regarding the content and depth of the journal blog entries. Respond to the instructor's feedback or prompts in the body of your blog as opposed to a "reply" posting.

You are required to comment on other students' Blogs by posting relevant replies to their blogs. In your initial journal blog entry, which must be made on or before **Friday, August 29, 2014**, please share some information about yourself so that we can get somewhat acquainted with one another. Please tell us your name, and then something about your various roles in life (family, work, social, leisure). You can post relevant photos of yourself and those who are most important in your life. Also, please tell us why you are in the Counseling Program and what you would like to do with your degree and/or training in the Counseling field. Finally, please share with us what you expect to get from this class.

The purpose of the Mindful Observation Journal Blog is two-fold:

1. To help make sense of what you are learning about yourself, others, the counseling process, mindfulness, and genuine authenticity.
2. To encourage you to interact with one another regarding the sensitive issues of pain, sorrow, grief, anger, self-loathing and fear in counseling.

Blog entries can include personal thoughts, feelings, insights, and reflections; questions or concerns that arise as a result of various experiences or course readings; primary lessons learned about self, others, and content; applications of concepts and strategies to the counseling relationship and process; and thoughts that aren't yet fully formed, but that you want to refine later. This could include your feelings about the course and your progress in it, and theories that are developing in your mind relevant to counseling skills and the role of the counselor. The Mindful Observation Journal Blogs are evaluated by the instructors on a subjective basis. Thorough and insightfully documented blogs are worth a total of **50 points** toward your final grade in this course.

Objective Final Examination

All students are expected to satisfactorily complete a 100-point objective final examination that is based on the readings (posted articles and handouts) and class experiences during the entire semester. The examination items will expect you to integrate course content with the readings, and will consist of one hundred objective items (multiple-choice and true/false). The final examination will be available online on **December 8, 2014** and is worth a total of **100 points** toward your final grade in the course.

Clinical Supervision

All students are expected to engage in weekly clinical supervision meetings with a Clinical Supervisor (assigned by the Instructors). These weekly one-hour supervision sessions will be individual, and a minimum of **twelve sessions** are required during the course of the semester. All *Techniques I* students will be assigned to an individual clinical supervisor by the second night of class. (Students cannot select their own clinical supervisor.) You are required to submit to your clinical supervisor (and copy Rosie Ortiz), at least 24 hours in advance of your supervision meeting, the completed “*Weekly Self-Assessment for Clinical Supervision*” form. Thus at the end of semester, the Instructors will have a complete record of your twelve weekly supervision sessions. The clinical supervisors will submit to the Instructors an evaluation of the supervisee’s counseling performance at the end of the supervision relationship (refer to the *Clinical Assessment of Counselor Skill* evaluation form). Additionally, the clinical supervisors will maintain regular contact with Rosie and Dr. Russell informing them of your growth and development. These self-assessments, progress reports, and final evaluation by the clinical supervisor are worth a total of **20 points** toward your final grade in this course.

Clinical Appraisal Report

All students are expected to complete a Clinical Appraisal Report on the most important client in the world: **Self**. The primary objective of this assignment is to assist you in interpreting and integrating formal and informal assessment data into the client's treatment plan and the counseling relationship. The purpose of the Clinical Appraisal Report is to assess your potential effectiveness and success in the career field of Counseling. Students will be required to engage in various methods of self-assessment to collect appraisal data on the self, and then write a concise, but comprehensive, *Clinical Appraisal Report*. All students are **required** to incorporate all scaled scores and percentiles (e.g., Verbal Reasoning, Quantitative Reasoning, Analytical Writing) from the general *Graduate Record Examination* (GRE). Thus, if you have not yet taken the GRE, you must do so immediately or you will not have sufficient time to receive all your scores. Writing scores are sent to examinees about four to six weeks after completion of the examination.

In this *Clinical Appraisal Report*, you must report your standard scores and percentiles for the three major areas: Verbal, Quantitative, and Analytical Writing. More importantly, you must provide a thorough clinical interpretation of the obtained scores. (Refer to both empirical and clinical research articles for comprehensive clinical interpretation of your GRE scores.) You are required to interpret the scores in light of the purpose of the *Clinical Appraisal Report*. Students must incorporate other assessment data available to them, including standardized test scores (MBTI, MMPI, TExES), academic grades, behavioral observations, projective techniques, dream journals, personal histories, and other sources of assessment and appraisal data. The *Clinical Appraisal Report* is worth a total of **20 points** toward your final grade and is due, via email, to both Instructors, on or before **November 17, 2013**. The clinical report must be written professionally in the third-person (as if you were writing about your client). *Clinical Appraisal Reports* are typically about seven or more pages in length (single-spaced). Use the following outline **exactly** for writing your *Clinical Appraisal Report*:

Client Name: Indicate your full name.

Client Contact Information: Include your address, phone numbers, and email.

Date of Birth: Indicate your date of birth.

Age: Indicate your age at time of report.

Tests Administered: Indicate the standardized tests (e.g., GRE) you took and the dates you took them.

Behavioral Observations During Testing: Indicate your physical and emotional behavior during the administrations of the standardized tests.

Other Assessment Data: Indicate the other sources of self-assessment data and the methods in which the data were obtained.

Background Information: Include as much information as is relevant to addressing the issue of potential effectiveness and success in the career field of Counseling.

Standardized Test Results: Include both the quantitative information (standard scores and percentiles) and descriptive information about your standardized test scores (e.g., GRE scores), as well as a thorough clinical interpretation of the obtained scores.

Other Assessment Results: Include both a description and clinical interpretation of the data obtained through other sources of self-assessment.

Conclusions and Recommendations: Include a summary of your assessment interpretations, as well as a thorough response to the issue of your potential effectiveness and success in the career field of Counseling.

Midterm Skill Evaluation

All students are expected to engage in regular skill practice outside of class with an assigned triad of fellow students. On the first night of class all students will form practice triads. The purpose of these small groups of three or four is to practice the basic counseling skills and provide mindful feedback and support to one another. Students will need to obtain a digital video camera for recording of all practice counseling sessions. For security and confidentiality reasons, it is best to store your counseling sessions (where you are the counselor) on a separate external drive or your own private laptop.

For the Midterm Skill Evaluations, students must bring a video (at least 20 minutes) of a triad counseling session to be evaluated by the Instructors. The Midterm Skill Evaluations will be scheduled for **October 20, 2014**, in 90-minute intervals, from 4:00 p.m. through 9:00 p.m., and will be worth **60 points** toward your final grade in this course.

The following evaluation criteria will be used:

1. Counselor effectively employed attending skills.	0	1	2	3	4	5	6
2. Counselor communicated concern and empathy.	0	1	2	3	4	5	6
3. Counselor mindfully attended to client themes and messages.	0	1	2	3	4	5	6
4. Counselor paraphrased and summarized client content.	0	1	2	3	4	5	6
5. Counselor reflected client affect in a mindful fashion.	0	1	2	3	4	5	6
6. Counselor personalized client content.	0	1	2	3	4	5	6
7. Counselor used only minimal questions.	0	1	2	3	4	5	6
8. Counselor employed an appropriate sense of timing.	0	1	2	3	4	5	6
9. Counselor demonstrated mindfulness and insight.	0	1	2	3	4	5	6
10. Counselor accurately evaluates own effectiveness.	0	1	2	3	4	5	6

Midterm Skill Evaluations will be conducted throughout the afternoon and evening on the scheduled date. There will be no class meeting on the night of skill evaluations. Students will attend the evaluation at a scheduled time. All Midterm Skill Evaluations will be conducted in Dr. Russell's office. Triads will be assigned to a specific time slot on that evening. Evaluations require about 90 minutes and will be conducted with only the members of the triad and the two Instructors present.

Final Skill Evaluation

All students are expected to engage in regular skill practice outside of class with an assigned triad of fellow students (meeting a minimum of twelve times as a triad). The purpose of these small groups is to practice the basic counseling skills and provide feedback and support to one another. Students will need to obtain a video camera for recording of all practice counseling sessions.

For the Final Skill Evaluations, students must bring a video (at least 30 minutes in length) of a triad counseling session to be evaluated by the Instructors. It is highly recommended that you bring your best work for the Instructors to evaluate. The Final Skill Evaluation is worth **100 points** toward your final grade in this course and will be scheduled on **December 1, 2014**.

The following evaluation criteria will be used:

- | | |
|---|------------------------|
| 1. Counselor effectively employed attending skills. | 0 1 2 3 4 5 6 7 8 9 10 |
| 2. Counselor communicated mindful empathy. | 0 1 2 3 4 5 6 7 8 9 10 |
| 3. Counselor paraphrased and summarized client content. | 0 1 2 3 4 5 6 7 8 9 10 |
| 4. Counselor personalized client content. | 0 1 2 3 4 5 6 7 8 9 10 |
| 5. Counselor reflected client affect in a mindful fashion. | 0 1 2 3 4 5 6 7 8 9 10 |
| 6. Counselor used only minimal questions. | 0 1 2 3 4 5 6 7 8 9 10 |
| 7. Counselor effectively employed various influencing skills. | 0 1 2 3 4 5 6 7 8 9 10 |
| 8. Counselor employed an appropriate sense of timing. | 0 1 2 3 4 5 6 7 8 9 10 |
| 9. Counselor maintained authentic and genuine interaction. | 0 1 2 3 4 5 6 7 8 9 10 |
| 10. Counselor demonstrated emerging mindful approach. | 0 1 2 3 4 5 6 7 8 9 10 |

Final Skill Evaluations will be conducted throughout the late afternoon and evening on the scheduled date. Triads will be assigned to a specific time slot. Evaluations require about 90 minutes and will be conducted with only the members of the triad and the two Instructors present.

Professional Counseling Identity and Behavior

The Counseling Program of Rio Grande College is a professional graduate program designed to meet the standards for Texas school counselor certification and professional state licensure. The Counseling Program does not train students for specific job descriptions, but rather provides a comprehensive preparation meeting the national and state standards of professional knowledge and skill in Counseling. The Counseling Program has specific policies and procedures which provide students with a sequential, growth-oriented progression of courses to take; students are fully responsible for knowing and following these policies and procedures. This is not a singular academic program to prepare students for advanced levels of teaching or beginning levels of administration, but rather a distinctly different profession entirely. Counseling is not an appropriate career field for all students. In the process of pursuing professional training in Counseling, some students discover (or faculty may advise) that they are not appropriate for the Counseling field, nor is the field of Counseling appropriate for them. Faculty of the Counseling Program will provide continuous, honest and pragmatic feedback to each student regarding progress and suitability in this program.

It is the personal and professional responsibility of each and every graduate student in the **Counseling Program** of Rio Grande College to be familiar with the most current issue of the ***Counseling Program Handbook***. This document details and describes all aspects of the Counseling Program, from taking the first courses to passing the Comprehensive Oral Examination and graduating with the Master's in Counseling.

Unethical behavior (as defined by the *Code of Ethics* and *Standards of Practice* of the American Counseling Association) by a student enrolled in any counseling course will result in the exclusion of that student from the Counseling Program of Rio Grande College, and may subject the student to civil penalties as well. Professional behavior is expected of each and every student at all times across all Counseling courses. Failure to maintain professionalism is considered unethical behavior.

Distance Education Statement

Although *Techniques of Counseling I* (EDUC 6321) is an experiential in-person course, a large portion of the full experience of this course will take place on Blackboard. Required readings, assignments, blogs, presentations, and videos will be posted on Blackboard. All students are expected to regularly access the class site on Blackboard and participate fully in the virtual aspect of this course.

The policy on Distance Education at Rio Grande College is as follows: Students enrolled in distance education courses have equal access to the university's academic support services, library resources, and instructional technology support. For more information about accessing these resources, visit the SRSU website. Students should submit online assignments through Blackboard or SRSU email, which require secure login information to verify students' identities and to protect students' information. The procedures for filing a student complaint are included in the student handbook. Students enrolled in distance education courses at Sul Ross are expected to adhere to all policies pertaining to academic honesty and appropriate student conduct, as described in the student handbook. Students in web-based courses must maintain appropriate equipment and software, according to the needs and requirements of the course, as outlined on the SRSU website.

Accessibility, Accommodations, and Modifications

The Counseling Program of Rio Grande College is committed to equal access in compliance with the *Americans with Disabilities Act* of 1973 (as amended in 1990 and 2008). It is the student's responsibility to initiate a request for accessibility or modification services. Students seeking accessibilities, accommodations, and/or modification services must contact the Student Support Specialist on their campus, as well as inform the instructor of this course.

OBSERVER FEEDBACK

Observer Name: _____ Date of Observation: _____

Student Counselor: _____

Directions: The peer observer is to indicate his/her feedback for each item by providing specific remarks that will help the student counselor in his/her skill development.

Opening: Was the opening comfortable, friendly, and pleasant? Any role definition needed? Any introduction needed?

Feedback Comments:

Rapport: Did student counselor establish good rapport with client? Was the stage set for a productive counseling session?

Feedback Comments:

Interaction: Were the client and student counselor really communicating in a meaningful manner? If the client was nonverbal, were the student counselor and client meaningfully engaged?

Feedback Comments:

Acceptance: Was the student counselor accepting of the client's emotions, feelings, thoughts, and values? Were attempts made to impose counselor values during the session?

Feedback Comments:

Reflection of Feeling: Did the student counselor reflect and react to feelings or did the counseling session remain on an intellectual level?

Feedback Comments:

Counselor Responses: Were the student counselor responses appropriate in view of what the client was expressing or were responses concerned with trivia and minutia? Did the student counselor limit him/herself to only minimal and strategic use of questions?

Feedback Comments:

Counselor Relationship: Was an effective counseling relationship established? Was the counselor-client relationship conducive to productive counseling?

Feedback Comments:

Closing: Was the session closed in an effective and sensitive manner? Was it too abrupt or brusque?

Feedback Comments:

General Techniques: How well did the student counselor conduct the mechanics of the counseling session? Did the student counselor effectively use silences? Was the vocabulary appropriate? Where the interventions appropriate?

Feedback Comments:

FISHBOWL OBSERVATION GUIDELINES

Attending Skills

- Visual Cues and Eye Contact
- Vocal Qualities
- Verbal Tracking and Selective Attention
- Gestures, Posture and Proximity

Listening Skills

- Encouraging
- Paraphrasing
- Summarizing
- Personalizing
- Client Focusing

Observation Skills

- Observing Client Behavior
- Observing Content Themes

Affective Skills

- Rapport
- Working Alliance
- Reflection of Feeling
- Empathy

Intervention Skills

- Minimal Interrogation
- Avoidance of Advice
- Avoidance of Judgment
- Working Hypothesis
- Confrontation
- Influencing Skills

FISHBOWL OBSERVATION FORM

Directions: Every class session in *Techniques of Counseling I* will involve at least one fishbowl demonstration of counseling. Each evening the Instructors will select at least one student at random to be the client in the fishbowl while either Dr. Russell or Rosie serves as the counselor. All fishbowl observers are required to complete a **Fishbowl Observation Form** for each fishbowl session. Use this form to record your observations, questions, concerns and insights.

Attending Skills

- What did you observe about the counselor's eye contact with the client?
- Did you observe the counselor disengage eye contact with the client for a therapeutic reason?
- How would you describe the counselor's vocal qualities?
- What might be helpful or harmful about the counselor's vocal qualities?
- In what ways did you observe the counselor's process of verbal tracking?
- Did you observe the counselor engage in selective attention or selective non-attention?
- How would you describe the counselor's gestures, postures, and proximity?
- In what ways did the counselor "teach" the client that the counseling relationship is unlike all other social relationships?

Listening Skills

- In what ways did you observe the counselor engaging in mindful listening of the client?

- Did you observe the counselor employ encouragers, paraphrases or summaries? Where they therapeutic, detrimental, or simply “plops?” How can you tell?

- In what ways did the counselor personalize client content? Were these interventions therapeutic, detrimental, or simply “plops?” How can you tell?

- Where were the primary focal points of the counselor?

Observation Skills

- ✓ How could you tell that the counselor was mindfully observing the client’s behaviors?

- ✓ Did the counselor miss a key observation?

- ✓ How could you tell that the counselor was mindfully observing the client’s internal processes?

- ✓ Did the counselor miss any key client processes?

Affective Skills

- ♥ In what ways did the counselor establish rapport with the client?
- ♥ Was there a working alliance between the counselor and the client? How do you know?
- ♥ In what ways did the counselor demonstrate mindful reflection of client affect? Did the counselor miss important opportunities to reflect feeling?
- ♥ In what ways did you observe the presence of empathy? What was the counselor feeling? How might you know this?
- ♥ How would you describe the atmosphere of this intimate relationship?

Intervention Skills

- How often did the counselor engage in interrogation or the use of questions?
- What strategies were emphasized by the counselor instead of questioning?
- Did the counselor assume a “one up” position by offering advice or judgment? If the client asked for advice, opinion or judgment, how did the counselor respond? Were these interventions therapeutic, detrimental, or simply “plops?” How can you tell?
- Did the counselor appear to be guided by an internal “working hypothesis?” If so why? If not, why not?
- In what ways did the counselor employ mindful conflict or confrontation? Were these interventions therapeutic, detrimental, or simply “plops?” How can you tell?
- What other advanced skills, influencing skills, or theoretically-specific skills did you observe? What was your reaction to them?

Weekly Self-Assessment for Clinical Supervision

Directions: For each clinical supervision session, type a one page self-assessment of your counseling skills pertaining to the session to be viewed in supervision. Self-assessments must be emailed to your clinical supervisor (and copied to Rosie Ortiz), in *Microsoft Word*, at least one day prior to the scheduled supervision meeting.

Date of Counseling Session: _____

Counseling Session #: _____

Overall Performance: 0 1 2 3 4 5
(Please rate your performance on a scale from 0 to 5, with 5 being the best)

SUMMARY OF SESSION:

TECHNIQUES UTILIZED/ATTEMPTED:

AREAS TO IMPROVE/FOCUS ON:

ADDITIONAL COMMENTS/CONCERNS:

Clinical Assessment of Counselor Skill

Completed By Individual Clinical Supervisor

Student-Counselor: _____ Date: _____

Clinical Supervisor Signature: _____

- | | | | |
|---|---|---|---|
| 1. Counselor demonstrated effective attending skills. | 0 | 1 | 2 |
| 2. Counselor observed client behavior and responded appropriately. | 0 | 1 | 2 |
| 3. Counselor communicated concern and empathy. | 0 | 1 | 2 |
| 4. Counselor employed effective listening skills. | 0 | 1 | 2 |
| 5. Counselor elicited and reflected client affect appropriately. | 0 | 1 | 2 |
| 6. Counselor avoided questioning and interrogation. | 0 | 1 | 2 |
| 7. Counselor employed appropriate theoretically specific "influencing" techniques. | 0 | 1 | 2 |
| 8. Counselor shared openly during supervision session and made effective use of supervision time. | 0 | 1 | 2 |
| 9. Counselor maintained open and nondefensive attitude when receiving feedback. | 0 | 1 | 2 |
| 10. Counselor demonstrated an appropriate level of personal and professional insight. | 0 | 1 | 2 |

Rating Scale: A rating of 0 indicates no demonstration of skill area when it was required; 1 indicates improvement needed in skill area; and 2 indicates appropriate and satisfactory demonstration of skill area.

Briefly describe the specific strengths and weaknesses of the Techniques I student-counselor: