

Date: September 18, 2014

CCR: COUN 4080-003

Class: Essentials of Helping Relationships

Instructor: Robin DuFresne

### Skills Training: Paraphrasing

#### Client Messages:

EX. Man in late fifties and has spent thirteen years in jail and said I don't think Toledo has anything for me anymore. Robin said, "where would you think you would go?" He said, "I don't want to talk about." Robin said "I hope that it is somewhere warm." He replied, "Based on the life that I lived, I would think it would warm."

Facts: when he said that "Toledo doesn't have anything for me."

Feelings: Loneliness, desperation

Hidden meaning: wants to die and thinks he will go to hell.

Safety contract: if a client said, "I wonder what life for my family would be like without me." Research has not backed that the safety contract works. Safety contract is more of a way to "cover your butt."

Paraphrasing addresses Facts and Thoughts: does not address the behind the scenes feelings and emotions, you are restating the content of what they said.

Draw out thoughts: while the helper is restating, the client may realize they forgot to tell you something.

Group Activity: Everyone took turns paraphrasing.