

Date: September 23, 2014

CCR: COUN 4080-003

Class: Essentials of Helping Relationships

Instructor: Robin DuFresne

Skills Training: Reflecting

Goal of reflecting: is to get to the hidden meaning

Reflection of Feeling can be difficult because people don't always want to talk about their feelings

- Five week treatment plan: talk about feelings and at the end of every session Robin asks them if they still want her as their counselor

Sometimes people cannot separate their feelings from their families or feel that they are not allowed to acknowledge their own feelings

Stories are thoughts, feelings, and behaviors

Other words for Happy: joyful, glad, enthusiastic, elated, thrilled, excited. If someone says they are happy there are many other words/context to it. This means that all of these words can be boiled down to the word: happy. Make sure when you identify their feelings you need to make sure it is the right amount like not saying exuberant when the client is only happy.

How to Reflect Feeling: " You feel ----- because -----" or "It sounds like you are feeling ----"

- Let client explain how they feel, especially if you are not getting it
 - o Do not guess multiple times
- Make sure that they are not telling how they thought, but rather how they feel

Reflection of Feeling: problems

- Give them time to embrace the feeling or tell you that the feeling that you said was wrong

Got in Groups and role played reflecting.

You are presenting 10/21/14 and you are the tenth person to go for the community resource project.

You need to turn in ten journal entries on 10/23/14