

Date: September 25, 2014

CCR: COUN 4080-003

Class: Essentials of Helping Relationships

Instructor: Robin DuFresne

Skills Training: Reflecting Meaning and Summarizing

When we introduce ourselves we usually start with the positive about ourselves

Reflection of Meaning and Understanding:

- Constructivism: your world view is based upon who you interact with, etc.
- Go deeper: get to their emotions. They are all closed up like a flower and you have to slowly open them up
- Worldview: we try to understand that by being empathetic

Summarizing: Understanding

- What we accomplished and where we are going in the next session
- Have client summarize and then you summarize and then blend these two summaries together
- Basically, pulls everything together
- Signal summaries: EX so you said " you got a new job and etc. " and now let's talk about why you are driving without a license

Got in groups and role played.

Make sure that you use the skills listed below when we are in lab:

1. Paraphrasing
2. Reflection of feeling
3. Reflection of meaning and summarizing
4. Challenging