**EUNICE \*\*\* Just so you know\*\*\***

**Helper is the Counselor and Helpee is the client in this class.**

**HELPER’S NAME**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **DATE:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SESSION**: Practice 1st Graded 2nd Graded 3rd Graded

**ATTENDING BEHAVIOR**: Points possible Points awarded

Established and maintained eye-contact :

2

2

1

Maintain a natural, relaxed posture:

Natural and appropriate gestures :

**Total Points: \_\_/5**

**Feedback:**

**VERBAL STATEMENTS:**  Points possible Points awarded

Ability to stay in the “here and now”

6

5

4

(did not: invite other’s in, ask closed questions, gather

information for the helper’s own benefit, etc.)

Statements were relevant to the helpee’s needs

(did not lecture, give advice, or offer self-disclosure)

Statements did not include helpers own beliefs or feelings

(“I” “You should” “You need to” statements)

**Total Points: \_\_/15**

**Feedback:**

**PARAPHRASING/REFLECTING:** Points possible Points awarded

Ability to offer an accurate description of the information shared

2

3

Offering feedback without:

problem solving, shifting focus, giving advice

**Total Points: \_\_/5**

**Feedback:**

**CLARIFYING/IDENTIFYING:** Points possible Points awarded

Provide feedback from the content the **helpee** offers without:

2

3

Interpretation of own experience, problem solving

Requesting helpee to further explore feelings/non-verbal cues while:

Keeping session in here and now

Avoiding personal interpretations (advice giving)

**Total Points: \_\_/5**

**Feedback:**

**OVERALL SKILLS:** Points possible Points awarded

Ability to appropriately and consistently demonstrate the above

5

skills without:

Interrupting, Redundancy, Poor timing, Uncertainty,

Projection, or other inappropriate behaviors

**Total Points: \_\_/5**

**Feedback:**

**Total Score: (sum of total points) \_\_/35**