

Counseling Session Feedback Form



| Counselor Name: Date of Session: Length of Segment: Approximate percentage of time counselor talked: Key counselor statements/questions: | Question: Open (O) Closed (C) Asking for Direction (D) | Reflection: Simple (S) Complex (C) Affect (A) Interpret(I) Summary (Sum) | Affirmation of Effort (E) or Strength (S) | Information/Advice: w/ permission (P) w/out permission (W) | Confrontation (C) Acknowledge Resistance (A) Use Resistance (U) | Missed Opportunity |
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Brief Description of Counseling Techniques

Open Questions: Encourages story & exploration.

Closed Questions: Elicits short answers/facts. Information gathering.

Asking for Direction: Solicits from client what to work on or how.

<u>Reflections (Mirroring):</u>

- Simple: Words, phrases, tone that communicate understanding & reinforce important statements.
- Affect: Feelings, mood.
- Complex: Words, phrases, tone that work to direct client toward exploration or awareness.
- Interpretation: Reflect with addition of counselor's interpretation or reframe.
- Summary: Summarizes section of session to highlight themes, direct focus or to encourage a transition.

Affirmation: Expresses appreciation of efforts or mirrors strengths.

<u>Information/Advice Without Permission or Context:</u> Information-giving is not preceded by client request or permission.

<u>Information/Advice With Permission or Context:</u> Information is tied directly to client permission or request. Specific information is what client wants and no more.

Confrontation: Counselor argues, tries to persuade or confronts client.

<u>Acknowledges Resistance:</u> Counselor makes a respectful statement that shows resistance is noticed. <u>Uses Resistance:</u> Counselor uses resistance to shift focus of session or to reword responses in less confrontational manner.

<u>Missed Opportunity:</u> Counselor could have usefully mirrored, acknowledged resistance, summarized, etc. Make a note of what could have been said.