

Name: _____ Date: _____

Basic Helping Skills

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| 1. Being cognitively and emotionally present with the client | A. Problem Solving |
| 2. Accurately sensing the client's world and communicating that understanding | B. Accurate Empathy |
| 3. self awareness, honesty and openness; being real | C. Paraphrasing |
| 4. accepting and valuing the client as a unique and worthwhile person; nonjudgemental | D. Reflecting |
| 5. Listening carefully and empathically to the client's story with undistracted attentiveness | E. Unconditional positive regard |
| 6. Mirroring the client's thoughts and feelings to demonstrate active listening and encourage the client to continue speaking | F. Open-ended questioning |
| 7. repeating verbatim the main thought or feeling expressed by the client | G. Genuineness |
| 8. stating in your own words the main thought or feeling expressed by the client | H. Making Personal Contact |
| 9. in your own words, a set of thoughts or feelings expressed by the client | I. Summarizing |
| 10. Asking questions that require more than a minimal or one-word response by the client | J. Restating |
| 11. Assisting the client to define goals and generate strategies to have a better outcome to a problem | K. Active Listening |