

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.

Reflections (Mirroring):

- 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.

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

Information/Advice With Permission or Context: 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.

Acknowledges Resistance: Counselor makes a respectful statement that shows resistance is noticed.

Uses Resistance: Counselor uses resistance to shift focus of session or to reword responses in less confrontational manner.

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