

# COUC\_CEFS 505

## Module/Week 5

### Reflection Skills: Paraphrasing

Young, M. (2021). Learning the Art of Helping: Building Blocks and Techniques (7th ed.). Boston, MA: Pearson. ISBN: 9780135680124.

## **Review**

*Attending (Presence)*

*Invitational Skills*

*Basic Reflection*

*Open-Ended Questions*

*Closed-Ended Questions*

*Active Listening*

*Minimal Encouragers*



# Review

## *Attending (Presence)*

”Once I watched one of my own teachers in a session with a client. I remember saying to myself, “He acts like being with that person is the most important thing in the world.” Although I had read about “eye contact,” “empathy,” and “unconditional positive regard,” when I saw the quality of his presence, **I grasped, for the first time, how powerful such attention can be.** How often does anyone really stop to listen wholly and solely to your thoughts and feelings?” [Bold added for emphasis] (Young, 2021, Pg.17).

Carl “Rogers felt that presence itself is healing (Baldwin, 1987)” (Young, 2021, Pg. 111).



# Review

## *Invitational Skills*

### **2 General Categories: Nonverbal and Opening**

**Nonverbal skills** such as using eye contact and body position set the stage for an open and confiding relationship (Young, 2021, Pg. 77).

Eye Contact

Body Position

Attentive Silence

Facial Expressions and Gestures

Physical Distance

Touching and Warmth



# Review

## *Invitational Skills*

### **2 General Categories: Nonverbal and Opening**

**Opening skills** are verbal catalysts that consist of encouraging statements and questions (Young, 2021, Pg. 90).

Encouragers—are brief interventions to kindle the fire of self-expression

Door openers—Invites the client to share.

“What’s on your mind?”

“Tell me about it.”

“Can you say more about that?”

Minimal encouragers-- “I see; Yes; Right; Okay; Hmm; I’ve got you; I hear you; I’m with you.”



# Review

## Questions

### **“Why?” questions**

May be problematic and unproductive.

### **Leading questions**

“...[D]isguised attempts to push through the client’s acceptance of the helper’s agenda.”

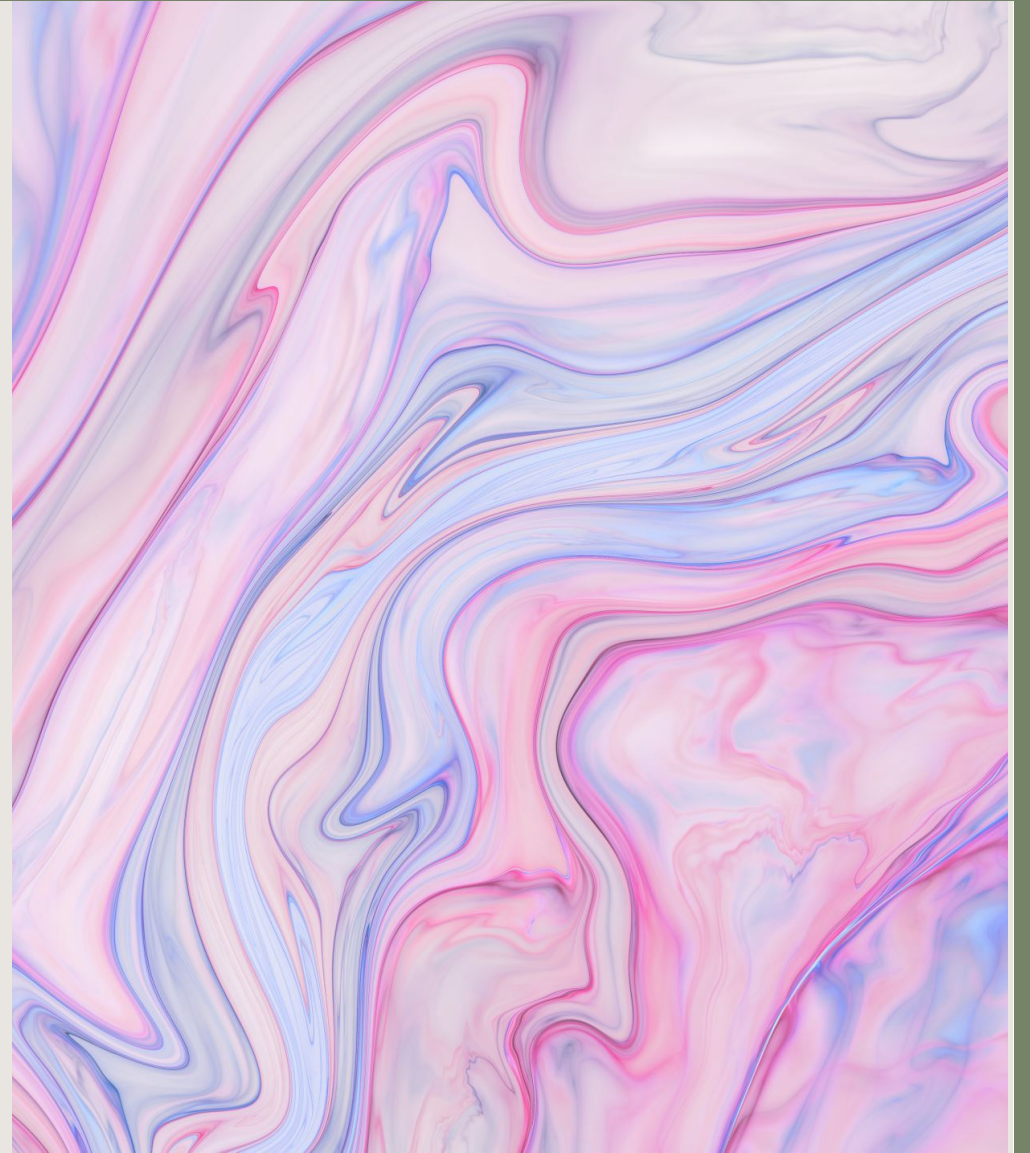
### **Closed-Ended Questions**

Some closed questions can be answered with yes or no; others demand information such as when you ask someone’s age.

### **Open-Ended Questions**

Open questions do not request specific information but encourages one to speak about the general topic.

Young, 2021, Pg. 92-93



# Review

## *Active Listening:*

“A way of attending and encouraging without intruding on the client’s telling of the story. It is called active because the listener is fully absorbed and communicates this to the other” (Young, 2021, Pg. 78).



## **Review**

What questions do you have on any material we have gone over the last four weeks?

What skills seem to be the easiest for you at this point?

What skills seem to be the most challenging for you at this point?

Module 1--Helping as a Personal Journey

Module 2--Therapeutic Relationship

Module 3--Cultural Climate

Module 4--Invitational Skills





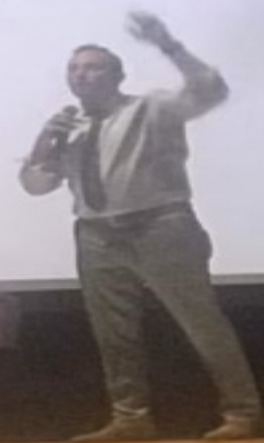
## Module 5 Paraphrasing

What is the point of Paraphrasing?

“Kids that are *loved* at home  
come to school to *learn*.”

Kids that aren't,  
come to school to be *loved*.”

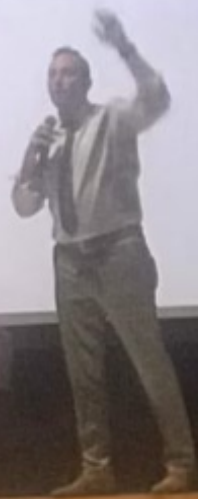
- Dr. McHazlett, La Grange ISD Superintendent -



"Kids that are *loved* at home  
come to school to *learn*."

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- Dr. McHazzlett, La Grange ISD Superintendent -



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# Paraphrasing

Consider the two types of kids represented in the image.

Do you think they might use similar words but have very different meaning?

Paraphrasing is a way to help us as counselors to know we are tracking with our clients and not making assumption.

Billy—We did not have anything as children.

Meaning—Never got the latest game consol.

Fred—We did not have anything as children.

Meaning—Barely had enough to eat.



## What is the point of Paraphrasing?

Reflecting skills are specialized interventions used by professionals to stimulate deeper exploration of the facts, feelings, and meanings by supplying the client with a condensed version of the story: **a mirror that you hold up that represents the story as you hear it** (Young, 2021, Pg. 101).

# Paraphrasing should...

- Be Nonjudgmental
- Demonstrate you are tracking
- Keeps the client's conversation flowing
- Spur the client to self reflection
- Use your own words
- Highlights essential aspects shared
- Ask "Is this correct?" "Did I get it right?"

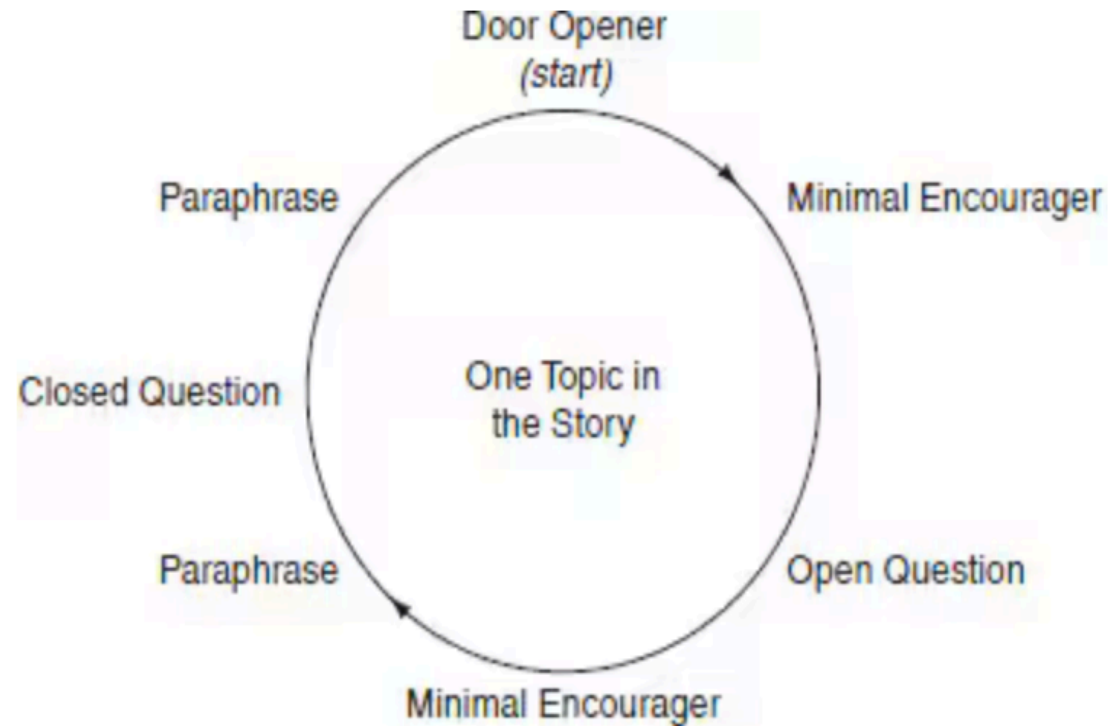


# Paraphrasing struggles...

- Simply Reciting the Facts (Parroting)
- Difficulty Listening to the Story Because of “Noise”
- Worrying About What to Say Next
- Being Judgmental and Taking the Client’s Side
- Being Judgmental of the Client
- Turning a Paraphrase into a Question



**Figure 5.2 A Typical Sequence of Helper Responses in the First Few Minutes of a Session**



# Improve Your Counselling Skills in 60 Seconds: Paraphrasing & Summarizing – Narrated by Dr A. Reeves



<https://www.youtube.com/watch?v=JGMGXtfAX7U>

## Attending, Paraphrasing and Summarizing



Summarizing

# Reflection of Content

- Very similar, only subtle differences
- Paraphrase is just processing through the content being shared
- Reflection of content is still focused on the facts but is processing through the context a bit more.
- Structure is mostly the same

[https://  
impactededucationtherapy.com/  
acounselingskillsprimer/reflection-  
of-content/](https://impactededucationtherapy.com/acounselingskillsprimer/reflection-of-content/)



# Practice



- This weeks Practice:
- *All the prior skills (Attending, basic reflection, open-ended questions, closed-ended questions, active listening, minimal encouragers, etc.*
- **Primary focus – Paraphrasing**
- *7 – 8 minutes per turn, then switch – practice for at least 45 minutes. That means you may have to stay on point*
- *Topics:*
- Any from prior weeks.
- Discuss an interaction you had with someone that did not go as planned
- Talk about a decision you have going on right now that you are struggling to come up with a solution for.
- **\*\* Limit questions – track your numbers**

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