

COUC_CEFS 505

Reflection of Feelings

Week 6

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



Improving Your Feeling Vocabulary



Increase Your Understanding of Feelings

Feelings Wheel

<https://feelingswheel.com>




What Is Emotional Intelligence?



What Is Emotional Intelligence?

The ability to recognize one's own emotions and also those of others. In addition, the emotionally intelligent person uses emotional knowledge to make decisions and determine behaviors.

(Young, 2021, Pg.
117)

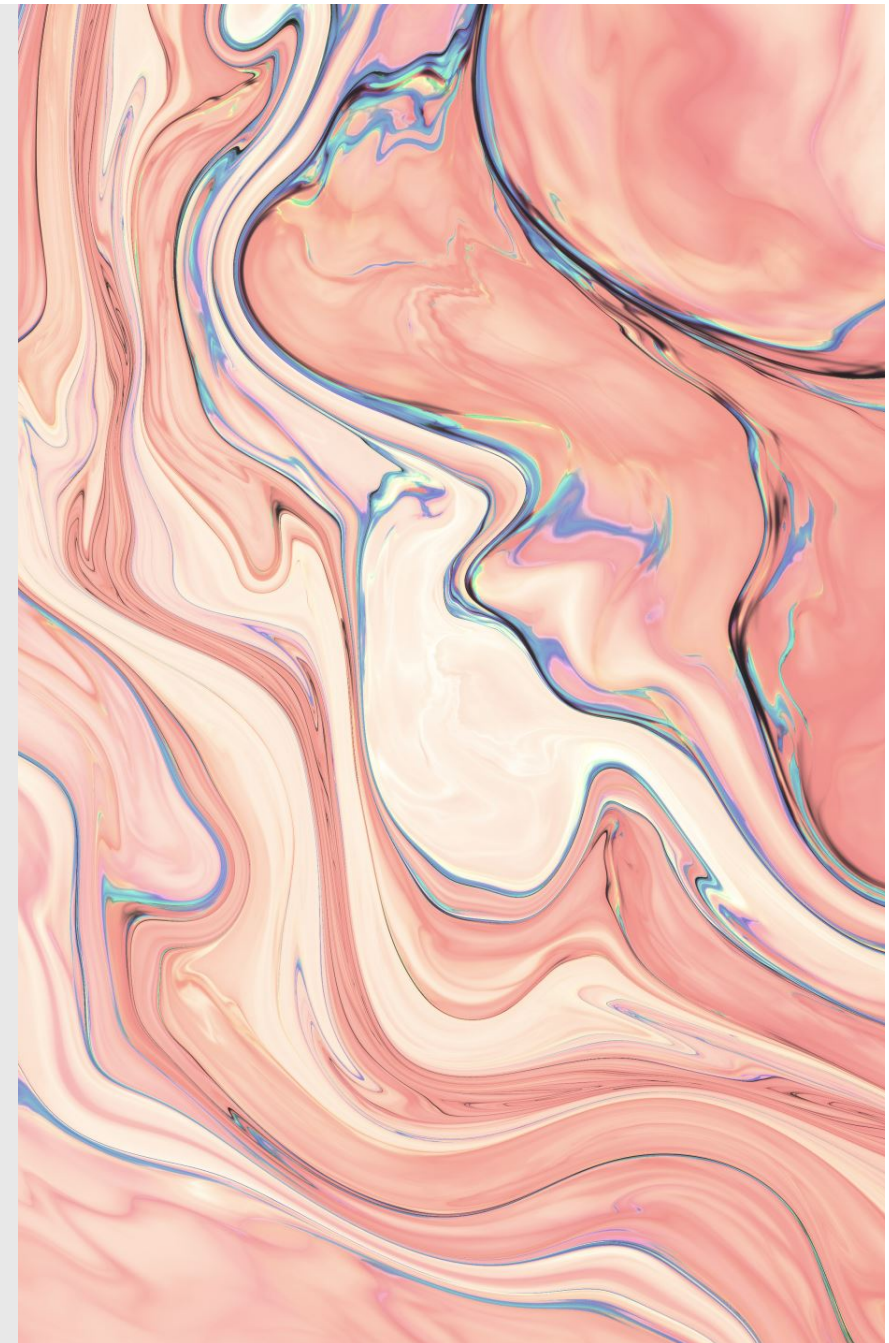


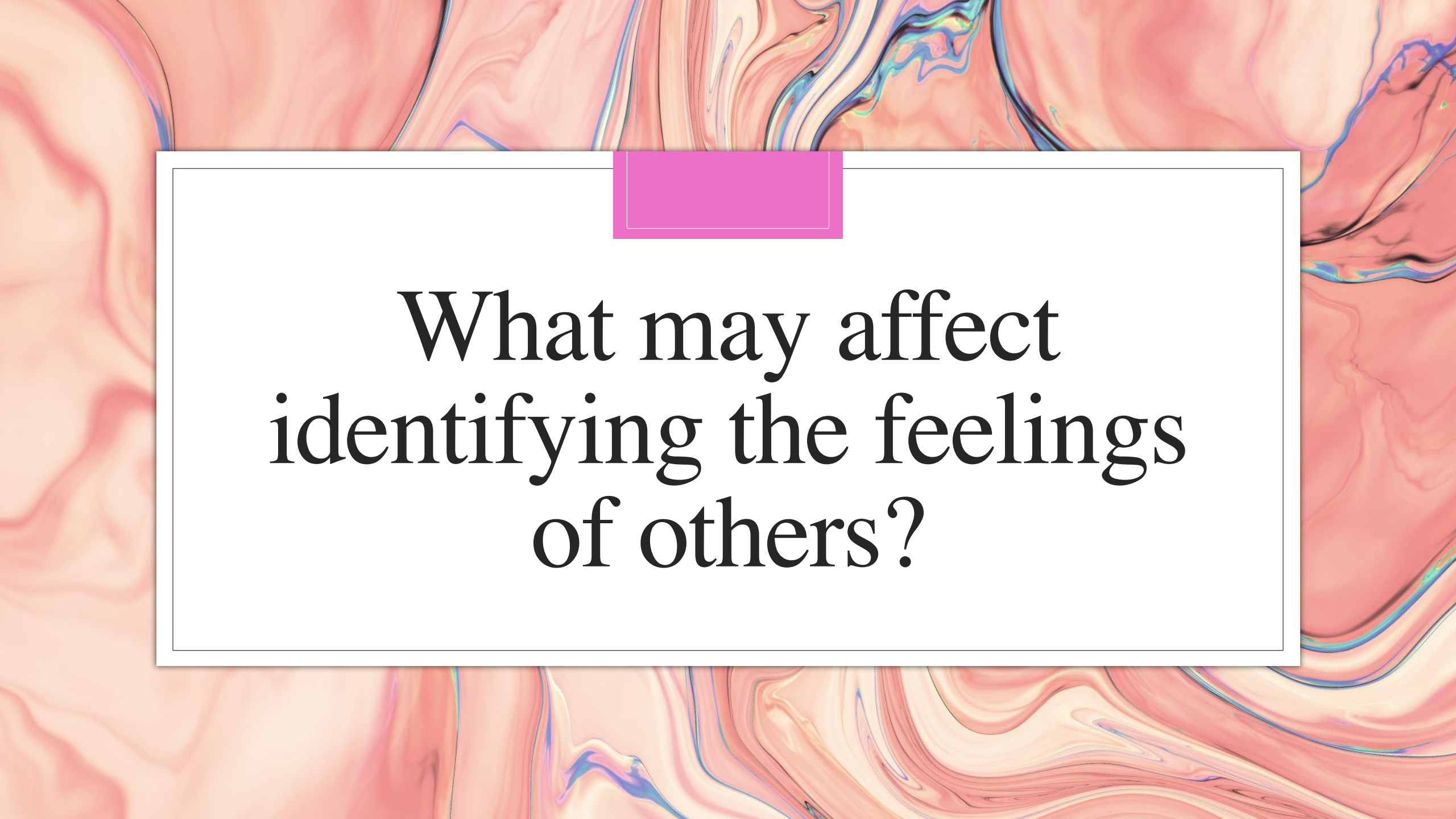
What are some
therapeutic benefits of
reflecting feelings?

Four therapeutic benefits of reflecting feelings

- To help the client become more aware of and to identify the emotions involved with life events.
- Reflecting can help the client to reach a deeper level of disclosure.
- Reflecting helps to strengthen the connection between the clinician and the client by demonstrating an understanding of what has been experienced.
- Reflecting feelings can bring enlightenment and help relieve the pressure of not understanding

(Young, 2021, Pg. 118).



The background is a vibrant, multi-colored marbled pattern with swirling shades of pink, orange, and blue. A white rectangular box with a thin black border is centered on the page. At the top center of this box is a solid pink horizontal bar. The text is centered within the white box.

What may affect
identifying the feelings
of others?



Culture/Family Background

One person's loud rambunctiousness may equal another person's "small crack in the voice".

Gender

Certain traditional role and ways of expressing feelings.

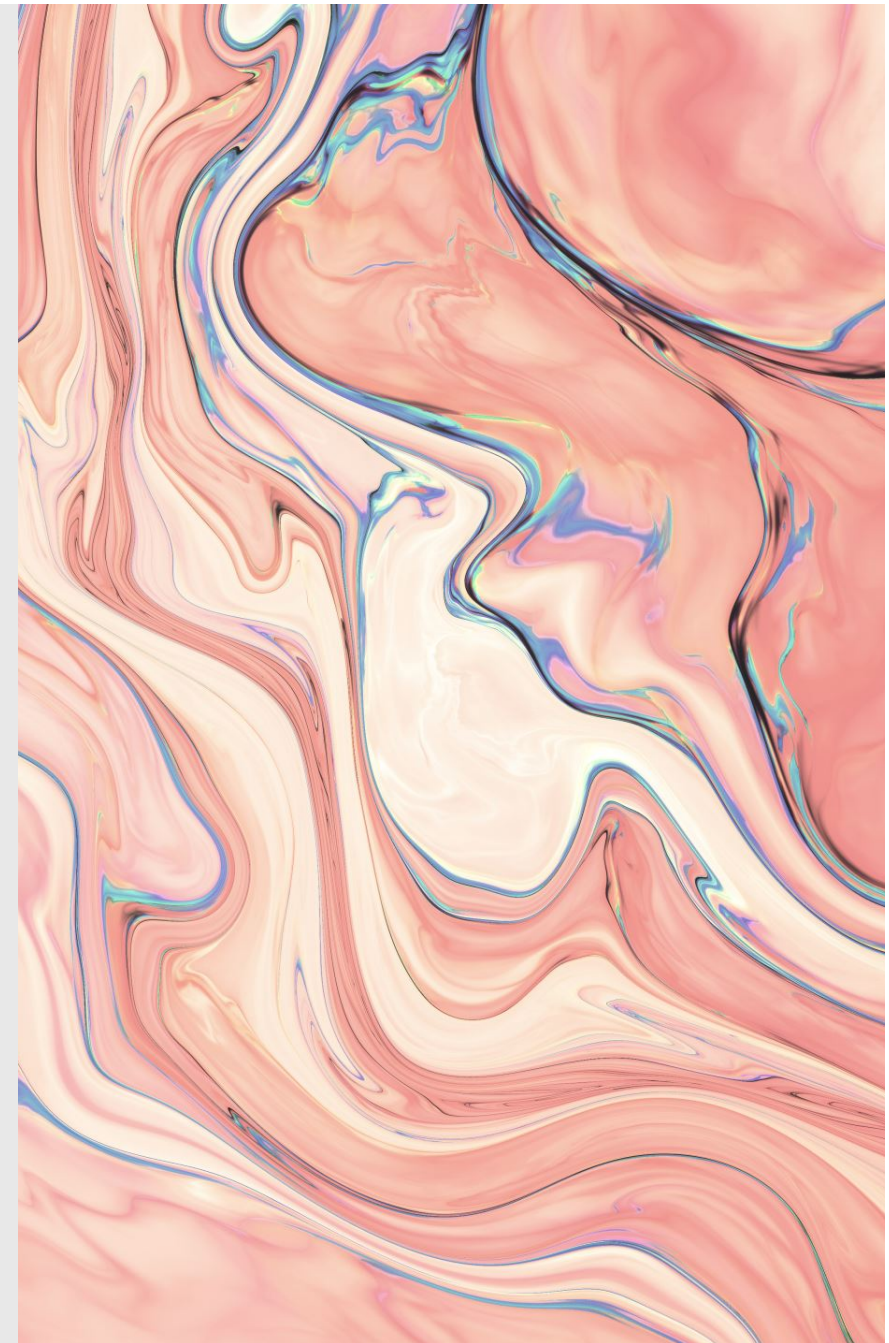
Medical


If you are mis-defining an individual's feelings repeatedly, you may ask when the last time they had blood work done (checkup).
(Young, 2021, Pg. 119).



Basic Structure: Do and Do not

- Do:
 - Use brief statements – conciseness is key
 - Use two feeling words if you are unsure
 - If all else fails, reflect content and ask, “What feelings come up for you?”
- Do not
 - Overshoot or Undershoot the expression
 - Client: “It was so annoying to be ghosted by my best friend last night.”
 - Clinician: “You seem livid that your friend did not prioritize you last night.”
 - Client: “It was extremely infuriating to hear my mom nagging me about all of the chores that she wants me to do when she can clearly see I was trying to finish a research paper.”
 - Clinician: “You seem a little upset that your mother was more focused on chores than your schoolwork.”





Identifying the Feeling or Feelings and Putting the Emotion[s] into Words

Examples of Reflection of Feelings

- Client: “I just cannot seem to do anything right at work.”
- Clinician: “It sounds like you are feeling really frustrated with yourself.”
- Client: “I feel like no one listens to me.”
- Clinician: “You are feeling unheard and maybe a little isolated.”
- Client: “I cannot believe this happened to me. I do not know what to think.”
- Clinician: “It seems like you are feeling a mix of sadness and anger about how things turned out.”

More Examples

- Client: “I have been working so hard, but it feels like no one appreciates it. I am exhausted.”
- Clinician: “It sounds like you are feeling really frustrated and drained because your efforts are not being recognized.”
- Client: “Every time I try to talk to my partner, we just end up arguing. I do not know what to do anymore.”
- Clinician: “It seems like you are feeling overwhelmed and helpless about how the communication is going between you two.”
- Client: “I thought I would be further along in my career by now. I feel like such a failure.”
- Clinician: “It sounds like you are disappointed in yourself and feeling discouraged about your progress.”
- Client: “I cannot believe my friend said that about me. It really hurts.”
- Clinician: “You are feeling rejected and betrayed because of what your friend said about you.”

(Taken from Dr. Derek Parker’s Slide)

<https://www.youtube.com/watch?v=ypWul9pPJqg>

Reflection of Feeling and Summarizing--Bonnie King



Additional Video Link

<https://impactededucationtherapy.com/acounselingskillsprimer/reflection-of-feeling/>

Let us Give This a Try!

First few
examples: Just
the feeling

- Identify the feeling associated with the scenario:
 - “You feel _____.”

Second Set of
Examples:
Feeling and
content

- Connect the feelings and content
 - “You feel _____
when _____.”



1 Kings 17:10-12 (NET)---Elijah the prophet

So he got up and went to Zarephath. When he went through the city gate, there was a widow gathering wood. He called out to her, “Please give me a cup of water, so I can take a drink.”

As she went to get it, he called out to her, “Please bring me a piece of bread.” She said, “As certainly as the LORD your God lives, I have no food, except for a handful of flour in a jar and a little olive oil in a jug. Right now I am gathering a couple of sticks for a fire. Then I’m going home to make one final meal for my son and myself. After we have eaten that, we will die of starvation.”





2 Chronicles 5:12-14 (NET)

All the Levites who were musicians, including Asaph, Heman, Jeduthun, and their sons and relatives, wore linen. They played cymbals and stringed instruments as they stood east of the altar. They were accompanied by 120 priests who blew trumpets. The trumpeters and musicians played together, praising and giving thanks to the LORD. Accompanied by trumpets, cymbals, and other instruments, they loudly praised the LORD, singing: “Certainly he is good; certainly his loyal love endures!” Then a cloud filled the LORD’s temple. The priests could not carry out their duties because of the cloud; the LORD’s splendor filled God’s temple.



Matthew 26:36-40 (NET)

Then Jesus went with them to a place called Gethsemane, and he said to the disciples, “Sit here while I go over there and pray.” He took with him Peter and the two sons of Zebedee and became anguished and distressed. Then he said to them, “My soul is deeply grieved, even to the point of death. Remain here and stay awake with me.” Going a little farther, he threw himself down with his face to the ground and prayed, “My Father, if possible, let this cup pass from me! Yet not what I will, but what you will.” Then he came to the disciples and found them sleeping. He said to Peter, “So, couldn’t you stay awake with me for one hour?”



Questions?

Class Practice

- You have the rest of the class period.
- I just want you to focus on Reflection of Feelings
- Clients
 - Feelings about a recent movie or tv show that you watched
 - Feelings about a recent event that occurred (nothing too personal/nothing above a 4).
 - Feelings about being trained to be a counselor
- Clinicians
 - Do not worry about opening or closing the session. Just reflect feelings. No questions (unless the question is about feelings), just reflection of feelings.
- Observer
 - Keep time and take notes. Provide feedback.

Weekly Practice

- Practice all of your skills to date:
 - Eye contact, vocal tones, and attending
 - Facial expressions and gestures
 - Empathy
 - Non-judgmental/unconditional positive regard
 - Active Listening
 - Open-Ended Questions (Limit these to no more than 3)
 - Reflections (Content and Feeling) – Focus on feeling this week
 - Paraphrase
 - Attentive Silence
 - Immediacy
- I want you to focus **MOST** of the practice on **Reflection of Feelings or Paraphrases**
- Practice for about 10 minutes this week, everyone will practice at least once.
- Topics:
 - Talk about a time that you experienced a moment in life where you experienced a moderate emotions (level 4 or below) and how you experienced it
 - Talk about a time that you felt really excited: What was it and how did you experience your emotions?
 - Any topic from previous weeks
 - Can create your own, but no more than a 4. (No trauma, no SI/HI, no substance use, no domestic violence) – Mandated reporter/Title IX reporter

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