



PERSON- CENTRED SUMMARISING SKILL

COUNSELLING AND
COMMUNICATION MODULE

SUMMARISING

- Brings the session up to date and helps the client to focus on the central issue
- Focuses scattered facts, thoughts, feelings and meanings
- Provides a platform to view the way ahead
- Helps the counsellor when feeling stuck
- Helps clients to view their frame of reference from another perspective.
- Enables counsellor to get a better understanding of the client's view of things.
- Enables the client to see what progress they have been made.

SUMMARISING

Summarising

- ▶ Longer paraphrasing
- ▶ Sums up the main themes that are emerging
- ▶ Purpose is to clarify emotions
- ▶ Review the work
- ▶ Move the counselling forward
- ▶ Ties all the work together





EXAMPLES OF SUMMARISING RESPONSES

- Let me see if I can sum up the main points that you have talked about today.
- Perhaps we can take a look at what we have seen so far?
- So to recap then
- Can we hold things there for a moment and go over what you have said?
- Let's see if we can pull a few threads together
- We've covered a lot of ground in the session , may be it would be helpful to bring together the main topics discussed here today.

EXAMPLE OF COUNSELLOR RESPONSES

- Paul, can we recap on what you have told me so far? You have applied to three engineering firms for the post of manager and to three manufacturing plants for the post of supervisor. You feel your experience in other fields is somewhat limited, and this may, be holding you back.
- Danny, can I briefly recount what you have just said.... You'd been on a Friday night drinking binge, got involved in a brawl, lost your temper, lashed out and a chap got injured. The police took you into custody, because you attacked them verbally; as a consequence you were locked up overnight, and charged with actual bodily harm in court the following morning and you are struggling to piece together how all this happened to you in a short space of time.
- **Stewart, W. & Sutton, J. (2017), *Learning to Counsel* (4thED) . London. Robinson**