

PRACTICUM LEVEL 4

AWARENESS, OBSERVATION AND BODY LANGUAGE

OPENING ROUND:



REFLECTIVE PROFESSIONAL DEVELOPMENT

SIGN IN



Contracting

- An exercise on contracting.....



CONTRACT

This Agreement contains the entire agreement of the parties with respect to the subject matter of this Agreement. All parties shall act to complete the work described within a reasonable time prior negotiations, agreements and understandings with respect to the work described indemnify and hold the contractor against loss or damage liability or potential

EXAMPLES OF PARAPHRASING AND REFLECTION USED THIS WEEK



AWARENESS: COUNSELLORS NEED TO BE AWARE OF AT LEAST FIVE THINGS:

1. OURSELVES
2. OUR CLIENTS
3. SKILLS
4. THEORIES
5. ENVIRONMENT

OBSERVING

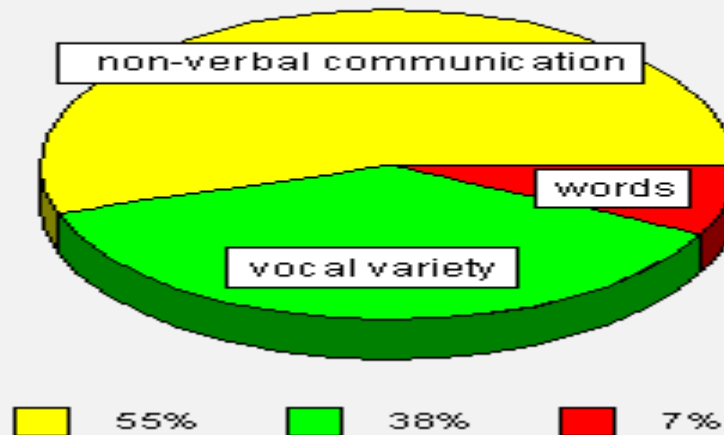
- Much information about a person's feelings does not come directly from what they say
- Good observation skills are essential for active listening
- Behaviour and body language

We communicate non verbally 24 hours a day

- How??

And what about picking up what a client is saying non verbally?

Communication Skills



OBSERVING

- What is really being said can ‘come out sideways’ rather than loud and clear
- Listen with the ‘third ear’
- Tone, intensity, repetition, pace, body language

Observation.....

- Helps us to respond with greater depth than if we respond only to what we hear

NON JUDEMENTALISM

- Important that we do not see only what we want to see
- Suspending our value judgement
- Notice, not JUDGE what we see

EXERCISE

- Everything about us, what we do and say, says a lot about us as a person and as a counsellor



Notice when things don't match

up

- A speaker's non verbal behaviour can be at odds with what is being said
- Often people can smile or even laugh when they are discussing something sad
- Avoid 'mirroring' behaviours that are at odds with what is being said

Check out the statistics!



Notice changes in behaviour

- Someone usually bright and cheerful looks more 'flat' than usual
- The other way around!

BODY LANGUAGE

- Try this exercise
- How to use in a helping relationship.....

HOW TO CHECK OUT OBSERVATIONS

- I would just like to check out with you.....
- I think I hear you say.....
- I'm wondering if you

HOW TO CHECK OUT **OBSERVATIONS**

- Am I right in thinking.....?
- I would like to understand what you're feeling, but I'm not altogether clear, can you help me

EXERCISE ON BODY LANGUAGE



REMEMBER OUR GROUP

CONTRACT AND OUR

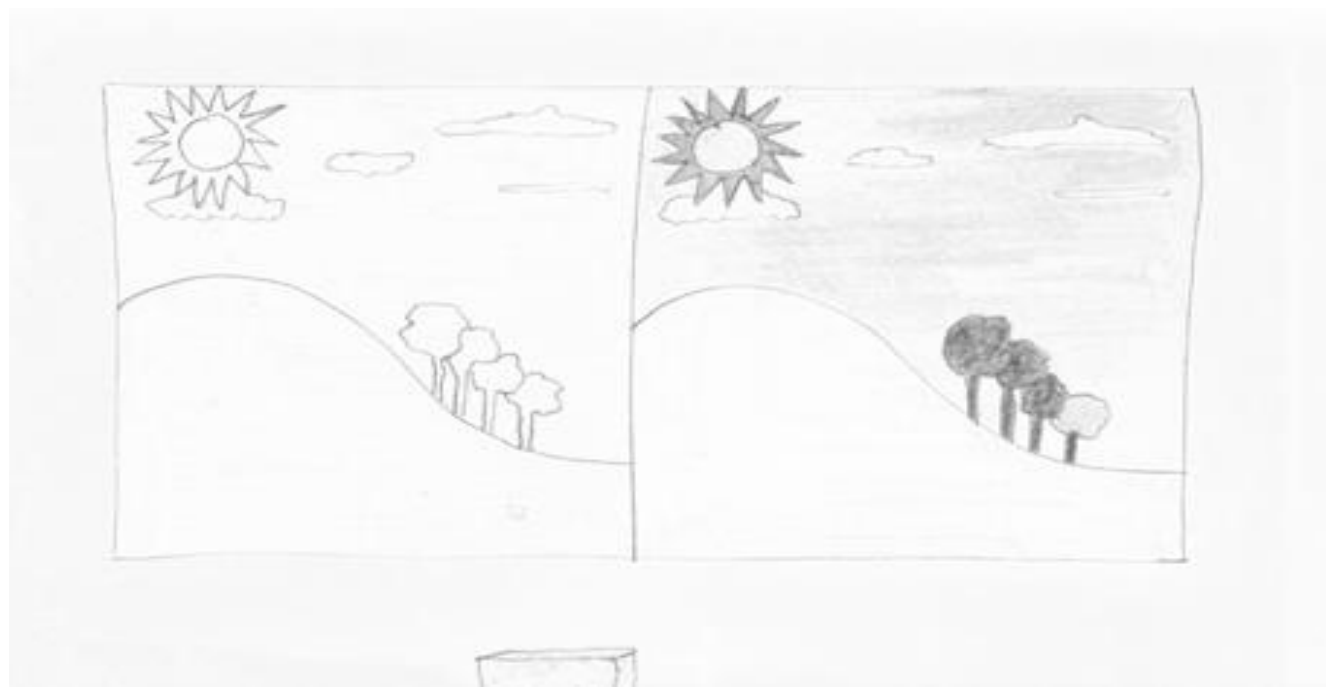
TRIAD CONTRACT

- TRIAD CONTRACT

TRIAD WORK

Some useful opening questions

- “How would you like to use the time we have together?”
- “What has brought you here today?”
- “Where would you like to start?”
- “When you’re ready, feel free to start wherever you like”



FEEDBACK

- Specific
- Measurable
- Achievable
- Realistic
- Sensitive
- Constructive

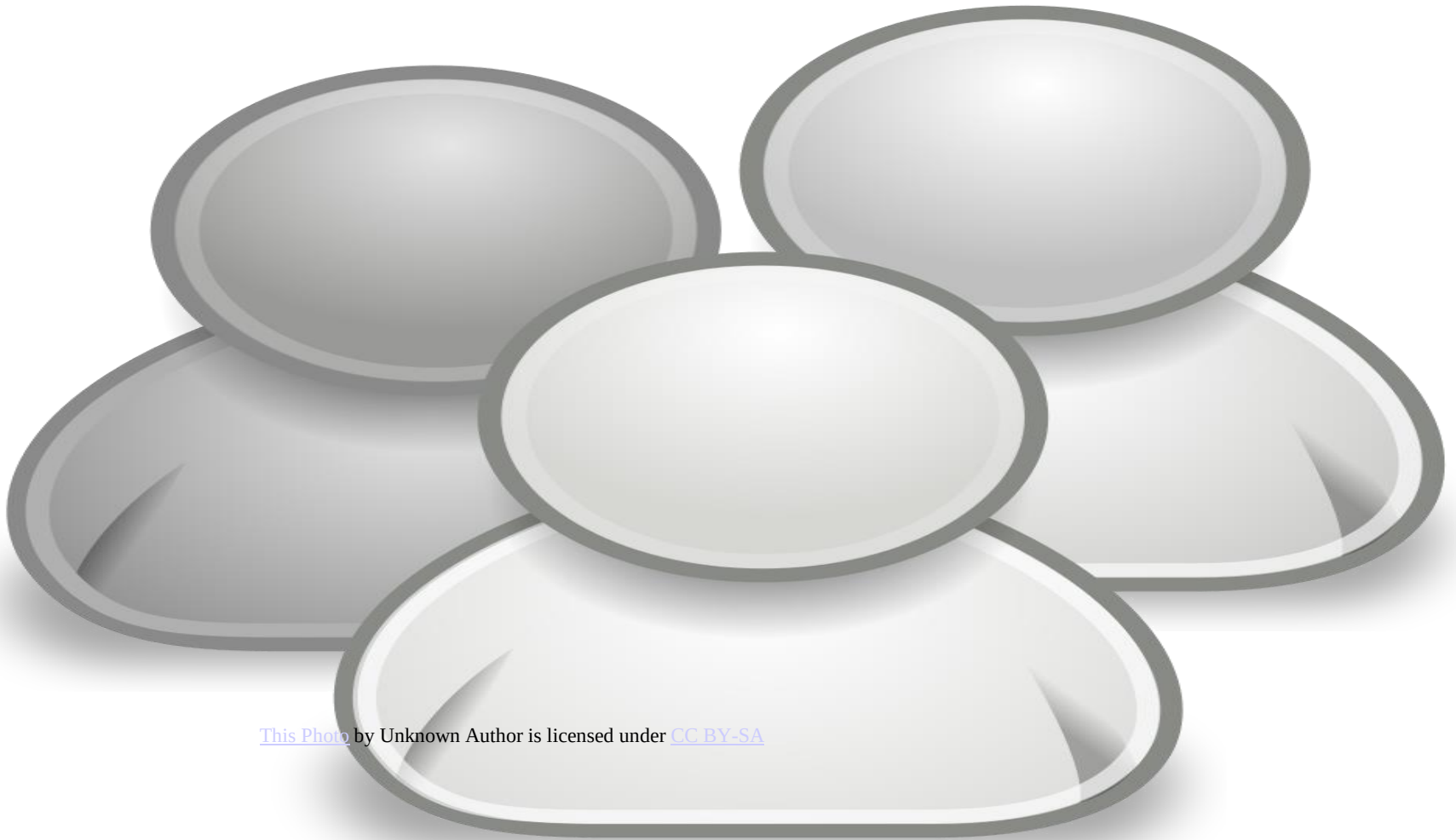
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Remember.....

- Praise loudly
- Blame softly

Catherine the Great

Triad work



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CLOSING ROUND:

