

## Observation Sheet 2: Reflections

Listen for counselor Reflections and summaries. Count them and write examples

Type of Skill	Count: Hash (/) marks	Make note of particularly good examples of each kind of reflection.
<p><b>Repeating-</b> simplest reflection simply repeats an element of what the speaker has said</p>		
<p><b>Restating / Paraphrasing</b> - the listener stays close to what the speaker said, but slightly rephrases what was offered- highlighting the stated feelings and major points expressed by the person</p>		
<p><b>Reflection of feeling-</b> a major restatement in which the listener reaches for the stated and unstated “feelings” of the person and reflects this back in new “feeling” words</p>		
<p><b>Feelings and Meanings</b> - reflecting unstated emotions/feelings, reflecting meaning, or reflecting a level of content or feeling beyond that which the client voiced</p>		