

Basic Counseling Skills Rubric

Student's name: _____ Evaluator's name: _____

Skill	Proficient	Not Observed
Opening + Informed Consent/Confidentiality Statement		
Minimal Responses/Encouragers: Appropriate use of "mmhm", "yeah", etc to communicate to the client w/o interrupting the client's communication		
Open-ended Questions: Appropriate use of open-ended and limited-use of closed questions		
Paraphrase: Using your own words to briefly communicate an understanding of the content of what the client has said		
Reflections of Feeling: Accurate response that includes both the content (thoughts) and feelings in the client's previous communication (i.e., a level 3.0 Carkhuff response)		
Summarization: An accurate combination of two or more of the client's previous communications		
Genuineness: Being congruent, spontaneous, non-defensive, and open to the client		
Positive regard: Expressing positive affirmation for the client		
Silence: Not speaking when appropriate in facilitating client movement		

Comments:

Areas of Strength:

Areas for Growth: