

Basic Counseling Skills Rubric

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

Skill	Proficient	Not 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			

Areas of Strength:

Areas for Growth:

Other Comments: