

# 9 core Counselling Skills

1

## ACTIVE LISTENING

Complete Engengment with client to reflect emotions.

2

## EMPATHY

Establishing a bridge of trust with the client.

3

## NONVERBAL COMMUNICATION

It involves body language, tone, facial expressions and gestures.

4

## REFLECTION

It Envolves in Examining thoughts and feelings.

5

## QUESTIONING TECHNIQUES

Asking right questions leads to fosters understanding.

6

## SUMMARISATION

a brief and concise feedback of what the client has said.

7

## FEEDBACK

Reflective input for personal growth of client.

8

## RAPPORT BUILDING

It involves in Establishing trust and connection with client.

9

## GOAL SETTING

It involves in developing strategies to attain their desired outcomes.

# Counselling Skills

**Rachel Sandford**



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