

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.

From Counselling Skills To Counsellor

Christian G. Meyer



From Counselling Skills To Counsellor:

Unveiling the Magic of Words: A Review of "**From Counselling Skills To Counsellor**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**From Counselling Skills To Counsellor**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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