



Counselling Micro Skills



Open ended questions

Eg. "Can you tell me more about how that experience affected you?"



Reflection of feelings

Eg. If a client expresses sadness, respond with, "It seems you're feeling quite down about this situation."



Paraphrasing

Eg. If a client says, "I'm overwhelmed with work," you might respond, "You feel swamped by your job responsibilities."



Summarising

Eg. Conclude a session with, "Today, we've discussed your challenges at work and your feelings of overwhelm."



Non-verbal communication

Eg. Maintain appropriate eye contact, nod in understanding, and adopt an open posture during sessions.

Key Micro Counselling Skills

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Key Micro Counselling Skills:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, Experience Loveis Journey in **Key Micro Counselling Skills** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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