CORE CONDITIONS / BASIC SKILLS

Core Conditions

**Genuineness or Congruence**: The counselor's responses are sincere and appropriate.

**Empathy**: The counselor understands the client's feeling and experiences within the client's frame of reference and communicates that understanding without judgment.

**Positive Regard or Respect**: The counselor communicates respect and concern for the client's feelings, experiences and potential, preserving the client's dignity without interjecting his/her own values.

**Concreteness**: The counselor assists the client in expressing her/his feelings and experiences in concrete and specific terms.

Dimensions of Nonverbal Communication

As well as the verbal content of the discussions between counselor and client, the two are communicating to each other nonverbally through the following dimensions.

**Time**: parameters of session, amount of time spent on different topics

**Body Language**: posture, facial expressions, gestures, eye contact, touching

**Voice**: tone, rate of speech, loudness

**Use of Environment**: distance between client and counselor, arrangement of furniture, clothing

Basic Communication Skills

**Minimal verbal response**: The counselor uses "ummm", "oh", "yes" to communicate to the client s/he is listening without interrupting the client's train of thought.

**Probes**: The counselor uses open-ended questions to solicit additional information about the client's thoughts/feelings/behaviors.

**Silence**: The counselor can tolerate appropriate silences in facilitating client progress.

**Paraphrase**: Without changing the meaning, the counselor states in fewer words the content of what the client has previously said.

**Reflection**: From either verbal or nonverbal cues, the counselor accurately describes the client's affective state.

**Summarization**: The counselor combines two or more of the client's thoughts, feelings of behaviors into a general theme.

**Clarification**: The counselor has the client clarify vague or ambiguous thoughts, feelings or behaviors.

Advanced Skills

**Confrontation**: The counselor highlights incongruities between the client's verbal and nonverbal communication or within the client's verbal communication.

**Self-disclosure**: The counselor briefly and appropriately discloses information about him/herself in a facilitative manner.

**Immediacy**: The counselor briefly and appropriately discloses his/her immediate reactions about the client to the client.