

Psychology 460
Counseling & Interviewing
GROUP TASK #7
Reflection

Instructions:

The skill of *reflection* will be demonstrated first. After the demonstration, break into groups of three. Assign each group member to either be a listener, observer or speaker for the first practice segment. Speakers must be able to talk about an event or experience for five minutes without stopping while the listener practices using the skill, *reflection*. After five minutes, "time" will be called. Switch roles and have another person demonstrate the same skill. After each person has demonstrated *reflecting*, give feedback to your group members. Then answer the following questions:

How did your group feel about practicing these skills?

Were there any problems?

Was there anything you did not understand?

How did it feel to be the observer/listener/observer?

Was feedback helpful?

Points for Task: _____ (10 possible)

Name of Student Participant: _____