

Psychology 460
Counseling & Interviewing
Group Task #3
Exercise in Nonverbal Attending

Introduction

Research shows that 70% of communication comes from nonverbal and paraverbal communication. It is useful to watch others' nonverbal behavior in counseling and ask client why they did certain things. Begin to use nonverbal cues to enter the client's world. One way to show empathy is to mirror or parallel the client's nonverbal cues.

Instructions

Pair off with another person. Decide which person will go first. Each person will have five minutes to talk. Follow the instructions below, as your partner tells you a story about something that happened to them. Make sure your partner does not see the instructions on your note from professor.

Partner A:

Partner B:

After time is up, take a few moments to give feedback to your partner. Write some short answers/reactions to some of the following questions:

- What felt good?
- What did not feel good?
- When did you feel like your partner was listening?
- When you were the listener, what was effective/ineffective?
- Identify potential "Barriers to Communication"

Points for Task: _____ (15 possible)

Name of Student Participant: _____