

Therapy Skills Worksheet

Read the therapy skills listed below

Challenging

(also known as confrontation) is a skill that seeks to increase awareness in patients who have discrepancies between their thoughts and feelings, thoughts and actions, or feelings and actions.

Self-disclosure

Is the act of sharing personal information (experiences, feelings, and reactions) with a patient during therapy. This skill can help build rapport and make therapy a safe space to share information. Therapists are, however, advised to consider the possible effects on therapy of the information they wish to disclose.

Communication

Involves conveying information in a clear and precise way that ensures the patient understands your concerns, advice, and directions. This helps clients stay focused during therapy and eliminate the chances of them leaving confused.

Summarizing

involves summarizing the main points that the patient/client has shared with you and repeating the same to them in a shortened form. This helps you and your patient be clear in your discussions.

Silence

gives your patient control of the information they wish to share, the pace at which they relay information and explore themselves in order to reinforce their values and objectives.