

## Therapy Skills Worksheet

### Read the following therapy skills

#### **Attending**

One of the most important skills, attention skills involve giving attention to someone else, listening to what they say and do, and making them feel valued and worthwhile. This skill helps to build rapport.

#### **Listening skills**

Active listening or listening skills are characterized by listening and observing verbal and non-verbal communication to reflect and provide an appropriate response. This skill helps clients feel valued and safe during sessions.

#### **Reflection skills**

Are a part of listening skills. It involves listening to what your patient is saying and then summarizing or paraphrasing their story back to them. This skill helps you and your patient have clear communication and understand each other.

#### **The use of questions**

Is a classic therapy skill that involves the use of open-ended questions that provide your patient the opportunity to share more about an issue they are facing. Avoid using leading questions (questions that lead a respondent towards a determined answer) and closed questions (Yes or No questions) that limit the response of your client.