

**California State University, Sacramento  
Basic Counseling Skills Evaluation**

Counselor \_\_\_\_\_

Supervisor \_\_\_\_\_

Specialization  Career  Community  MFCC  School Course EDC \_\_\_\_\_ Site \_\_\_\_\_

Session # \_\_\_\_\_

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Evaluation by: Student  Supervisor

(Circle the appropriate number for each counselor competency: 5 is high)

<b>Session Management, Attending and Facilitation Skills:</b>	<b>Overall</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
1. Began and ended session on time.		1	2	3	4	5
2. Gave timely warning before end of session.		1	2	3	4	5
3. Demonstrated appropriate non-verbal attending skills.		1	2	3	4	5
4. Reflected client's feelings and attitudes with appropriate frequency and accuracy.		1	2	3	4	5
5. Reflected content of client's message with appropriate frequency and accuracy.		1	2	3	4	5
6. Reflected discrepancies in client communication.		1	2	3	4	5
7. Limited self-disclosure, but skillfully self-disclosed when appropriate.		1	2	3	4	5
8. Fostered specific and concrete (rather than general and abstract) communication.		1	2	3	4	5
9. Fostered immediacy in the counseling session.		1	2	3	4	5
10. Demonstrated a variety of responses and techniques.		1	2	3	4	5
11. Set limits appropriately.		1	2	3	4	5
12. Encouraged / empowered client as appropriate.		1	2	3	4	5
13. Returned responsibility / encouraged client's decision making / refrained from giving advice.		1	2	3	4	5
<b>Goal setting and achievement:</b>	<b>Overall</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
14. Collaborated with client to establish clear therapeutic goals.		1	2	3	4	5
15. Focused the session around client objectives.		1	2	3	4	5
16. Facilitated movement toward client goals.		1	2	3	4	5
17. Moved neither too slowly nor too quickly for client.		1	2	3	4	5
18. Recognized and effectively addressed resistance.		1	2	3	4	5
<b>Theoretical and other professional knowledge:</b>	<b>Overall</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
19. Showed awareness and sensitivity to issues of culture, gender, age, etc.		1	2	3	4	5
20. Showed knowledge of professional literature related to client concerns/issues.		1	2	3	4	5
21. Demonstrated consistent use of counseling theory.		1	2	3	4	5
22. Demonstrated creativity.		1	2	3	4	5
23. Showed understanding of the dynamics of client concerns/issues.		1	2	3	4	5
<b>Personal Skills:</b>	<b>Overall</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
24. Presented as a professional counselor and dressed appropriately.		1	2	3	4	5
25. Showed tolerance of stress and discomfort (of own feelings and client's).		1	2	3	4	5
26. Made responses that flowed easily.		1	2	3	4	5
27. Exhibited appropriate self-assurance, confidence, and trust in own ability.		1	2	3	4	5
<b>Outside of counseling sessions:</b>	<b>Overall</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
28. Accurately self-assesses.		1	2	3	4	5
29. Takes appropriate steps toward increased education, consultation, referral.		1	2	3	4	5
30. Appropriately receives and uses feedback.		1	2	3	4	5
31. Completes client records promptly, with neatness, thoroughness, and accuracy.		1	2	3	4	5
32. Adheres to ACA Ethical Standards, both in and out of counseling sessions.		1	2	3	4	5

TOTAL =

