

Topic sentence:
tells the reader the main idea of the paragraph

Paraphrasing was used effectively in the session to help

build rapport. Paraphrasing is defined as when a counsellor listens to what the client says and reflects back what they have heard in their own words (Geldard et al., 2012). The intention of using this

Explanation:
explains what the skill is (using a reference)

skill is to “draw out the really important details of what the person is saying and to clarify those for them” (Geldard et al. p.

Explanation:
explains the aim of using the skill (using a reference)

42) An example of this is when the client says “...they see me as a dinosaur, out of date and inflexible” (0:12:25). I reflected this back by saying “Ah-ha, they don’t see you as able to adapt” (0:12:30).

Example: gives a verbatim example from the video with a timestamp to show the skill

In the above example of paraphrasing I captured the important details and client’s concerns in my own words. The paraphrase is effective because it led to the client elaborating on the issue.

“Well, I am out of date but I’m not inflexible. I can learn new ways of working.” (0:12:45). Although this is a successful use of

paraphrasing, it was one of few examples. I could have improved the session if I had used paraphrasing more often, this is one of my goals for future sessions.

Explanation:
explains why the skill was used effectively/ineffectively

Verbatim: this example shows evidence that the skill was effective

Personal Reflection / Link: states what has been learned and links to the next idea future learning goals

*Note: You will not need a reference list entry for the video if you are using an unpublished recording (your own recording)

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