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, Geldard & Yin Foo, 2012). The intention of using this 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. 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 An example of this is when the client says “...they see me as a dinosaur, out of date and inflexible” (0:12:25).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). 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 The paraphrase is effective because it led to the client elaborating on the issue: “Well, I am out of date but I’m not inflexible.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.

*Note: You will not need a reference list entry for the video if you are using an unpublished recording (your own recording)