

Sample Paragraph

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

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

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)

Explanation:
explains the aim of using the skill (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.

42) An example of this is when the client says “...they see me as a dinosaur, out of date and inflexible” (0:12:25).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

Explanation:
explains why the skill was used effectively/ineffectively

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.

Verbatim: this example shows evidence that the skill was effective

“Well, I am out of date but I’m not inflexible.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*Note: You will not need a reference list entry for the video if you are using an unpublished recording (your own recording)