

Name: _____

Session #: _____

Group Counseling Competencies

Unsatisfactory Satisfactory

1. Opening the Group

- | | | | | | |
|--|---|---|---|---|---|
| a. Creates a positive group environment | 1 | 2 | 3 | 4 | 5 |
| b. Maintains appropriate eye contact;
avoids staring, looks at group members | 1 | 2 | 3 | 4 | 5 |
| c. Posture is relaxed, not fidgeting,
leaning forward | 1 | 2 | 3 | 4 | 5 |
| d. Voice tone and facial expressions
generally pleasant and warm,
communicate caring and involvement | 1 | 2 | 3 | 4 | 5 |

2. Attending

- | | | | | | |
|--|---|---|---|---|---|
| a. Encourages group by extending an open
invitation to talk | 1 | 2 | 3 | 4 | 5 |
| b. Demonstrates listening skills by paraphrasing
content of group discussions | 1 | 2 | 3 | 4 | 5 |
| c. Demonstrates the ability to maintain
appropriate silences | 1 | 2 | 3 | 4 | 5 |

3. Facilitating

- | | | | | | |
|---|---|---|---|---|---|
| a. Encourages group to further explore ideas
through open-ended questions | 1 | 2 | 3 | 4 | 5 |
| b. Minimizes the use of closed questions | 1 | 2 | 3 | 4 | 5 |
| c. Implies accurate listening and understanding
by using clarifying counselor statements | 1 | 2 | 3 | 4 | 5 |
| d. Provides insight with appropriate interpretation
of content | 1 | 2 | 3 | 4 | 5 |

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- | | | | | | |
|---|---|---|---|---|---|
| e. Demonstrates understanding and awareness of underlying feelings by reflecting feelings | 1 | 2 | 3 | 4 | 5 |
| f. Encourages self-disclosure among group members | 1 | 2 | 3 | 4 | 5 |
| g. Encourages examination of current behavior and consequences of that behavior | 1 | 2 | 3 | 4 | 5 |
| h. Encourages group exploration of alternative ways of behavior | 1 | 2 | 3 | 4 | 5 |
| i. Encourages goal-setting and working towards goals | 1 | 2 | 3 | 4 | 5 |

4. Closure

- | | | | | | |
|---|---|---|---|---|---|
| a. Demonstrates effective closure by maintaining time limits of session | 1 | 2 | 3 | 4 | 5 |
| b. Summarizes counseling session | 1 | 2 | 3 | 4 | 5 |
| c. Reviews progress of group | 1 | 2 | 3 | 4 | 5 |
| d. Discusses plans for future | 1 | 2 | 3 | 4 | 5 |
| e. Evaluation of group | 1 | 2 | 3 | 4 | 5 |

TOTAL: _____
(possible 105 pts)

Comments: