

Practice Verbal Communication Skills

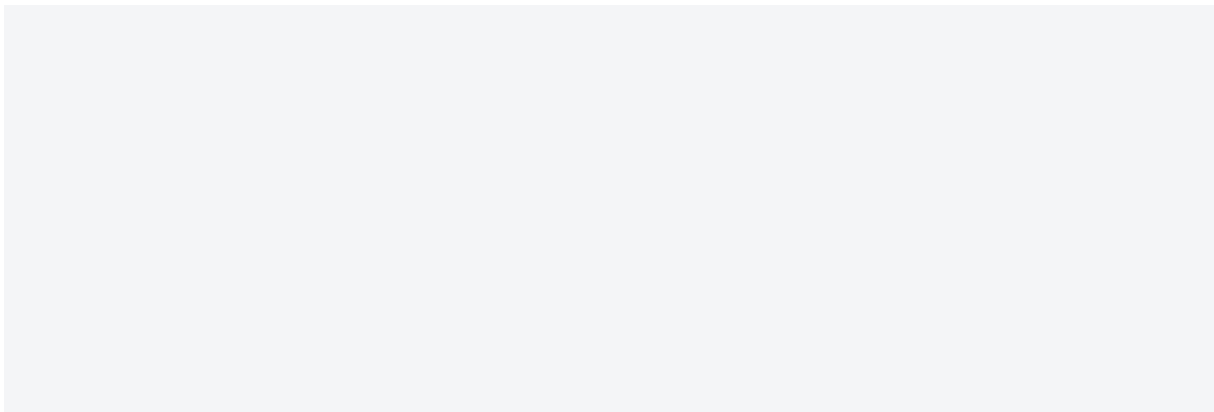
Creating a safe environment for trialing communication skills is helpful for therapists and counselors new to the profession or the more experienced wishing to hone their skills.

Use the following prompts in a group setting to practice verbal communication and reflect on what skills you could improve (modified from Nelson-Jones, 2005):

Step one: Introduce yourself

Spend a few minutes describing yourself (perhaps include hobbies, where you are from, etc.) to another person or the whole group.

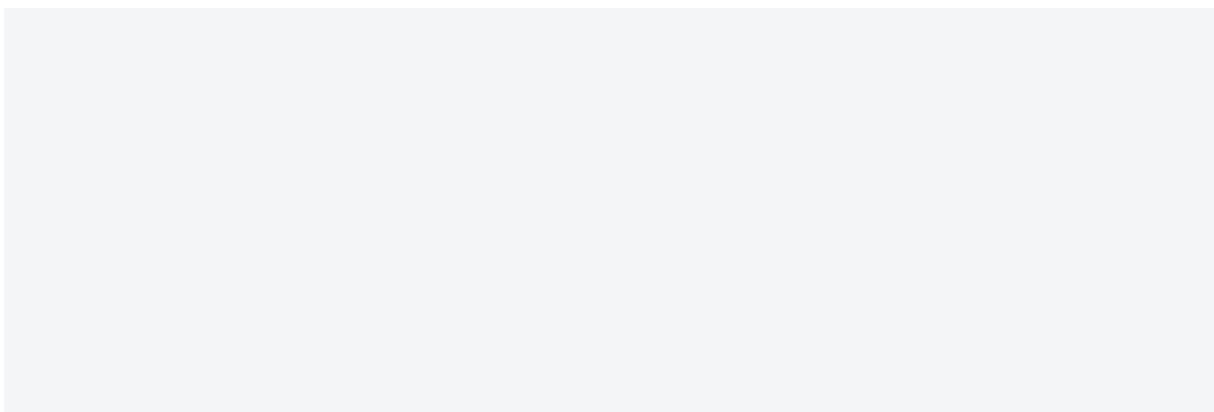
How did you feel? What would you do differently next time?



Step two: Introduce your partner

Partner up and spend time asking questions and listening to answers to get to know one another. After a few minutes, the group is stopped. Now introduce your partner, describing what they have told you.

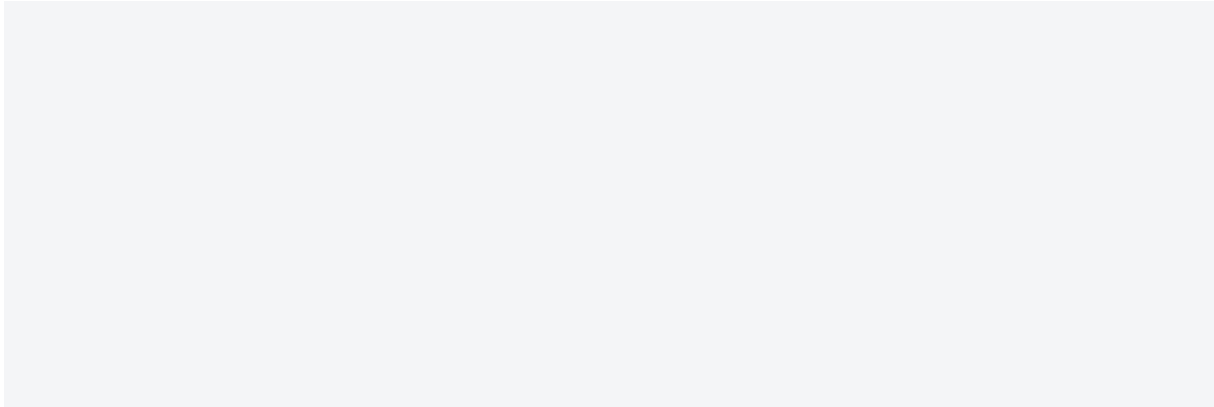
Were you able to successfully introduce them? What would you do differently next time?



Step three: Three important points

Write down three facts that describe who you are on a sticky piece of paper. Attach it to your front and walk around the group. Each time you meet, you each discuss your three points before moving on to the next person.

Were you able to successfully get to know people beyond their three points? What would you do differently next time?



References

- Nelson-Jones, R. (2005). *Practical counselling and helping skills*. Sage.

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