

Counselling skills application — video / in-session practice

COUN6011 · In-session practice · Lecturer: Graham Gill Emerson

Module: Counselling Skills Application 1 (COUN6011)

Brief: In-session practice (video).

Online version (when live): psych-dashboard.duckdns.org/rubrics/skills-application-1-video

How the marks work

There are 3 criteria. Each one has a weight in marks. The weights add up to 100.

For each criterion, your work is placed in one of five bands. Each band shows the marks for that criterion and what the lecturer is looking for.

Major Strength (5) · Excellent (70-100%)	Excels in this area.
Strength (4) · Very Good (60-69%)	Performs in a consistently competent and confident way.
Adequate (3) · Satisfactory (50-59%)	Performs at an adequate level but has scope for development.
Needs Development (2) · Needs work (40-49%)	Performs somewhat less than adequately and needs development.
Needs Much Development (1) · Unsatisfactory (20-39%)	Performs considerably less than adequately and needs development.

This rubric also uses the shared skills Assessment Scale labels (Major Strength → Needs Much Development).

CRITERION 1

Forming an empathic and attuned relationship with the client (LO2 & LO3)

Weight: 40 marks

Major Strength Excellent · 70-100% 27.8-40 marks	Demonstrates clear non-verbal communication throughout (eye contact, nodding, nodding and/head tilt) and assertive posture. Allows space for client to speak (silent stance). Uses appropriately responsive tone and pace when interjecting. Shows excellent attunement to client's emotional state and non-verbal communication. 
Strength Very Good · 60-69% 24-27.6 marks	Shows solid ability to establish rapport, solid attunement to client's state. Clear understanding of non-verbals. Good tone and presence, good use of silence, good non-verbal communication throughout.
Adequate Satisfactory · 50-59% 20-23.6 marks	Adequate ability to establish rapport. Adequate attunement to client, adequate understanding of non-verbals, occasional use of silence.
Needs Development Needs work · 40-49% 16-19.6 marks	Frequently struggles with establishing a rapport. Minimal attunement, limited understanding of non-verbals, limited use of silence, limited ability to use interjections.
Needs Much Development Unsatisfactory · 20-39% 8-15.6 marks	Unable to establish rapport, insufficient attunement, poor understanding of non-verbals, lack of presence, inability to use silences effectively.

CRITERION 2**Using counselling skills to enhance interpersonal communication and facilitate the therapeutic experience (LO1, LO3)**

Weight: 40 marks

Major Strength Excellent · 70–100% 31–40 marks	Actively participates in session using both non-verbal and verbal offerings. Uses paraphrasing, a range of reflections (simple reflections, double-sided reflections, etc.). Demonstrates significantly additive empathic responses. Uses silence spaces effectively, excellent attunement, clear pace. ^D
Strength Very Good · 60–69% 24–27.6 marks	Very good reflection of content and feeling, effective use of paraphrasing, good tracking of client process. Good identification of meaning.
Adequate Satisfactory · 50–59% 20–23.6 marks	Adequate accuracy in reflections, adequate use of paraphrasing, adequate tracking ability, adequate identification of meaning.
Needs Development Needs work · 40–49% 16–19.6 marks	Limited accuracy of reflections. Basic use of paraphrasing. Limited tracking ability, limited identification of meaning.
Needs Much Development Unsatisfactory · 20–39% 8–15.6 marks	Inaccurate reflections, poor use of paraphrasing, inadequate tracking, poor identification of meaning.

CRITERION 3**Reflecting on their own process and manage themselves appropriately during the skills training (LO4)**

Weight: 20 marks

Major Strength Excellent · 70–100% 14–20 marks	Maintains grounding through effective means (connection with breath, etc.). Remains non-directive throughout, excellent management of triggers, excellent awareness of own process.
Strength Very Good · 60–69% 12–13.5 marks	Very good awareness of own process, good pacing of interjections, good ability to remain non-directive throughout, very good management of own process.
Adequate Satisfactory · 50–59% 10–11.5 marks	Adequate awareness of own process. Adequate management of own triggers. Adequate management of self-regulation, adequate self-reflection.
Needs Development Needs work · 40–49% 8–9.5 marks	Limited self-awareness of process, basic management of triggers, limited self-regulation, limited ability to accurately use introjections. ^E
Needs Much Development Unsatisfactory · 20–39% 4–7.5 marks	Lacks awareness of process, insufficient management of triggers, self-regulation and self-awareness, inadequate self-reflection.

Notes on the source

Only spelling and typing slips were fixed. Gaps and unclear values in the lecturer's rubric are shown, not guessed.

C. Criterion 1, Excellent: the lecturer's grid prints "nodding and/head tilt" as shown.

D. Criterion 2, Excellent: the mark range printed for this band starts at 31 (not 27.8 as in criterion 1). Ranges are shown as printed.

E. Criterion 3, Needs Development: the lecturer's grid prints "introjections" (not "interjections") in this cell. Shown as printed.

Typed from the lecturer's rubric (Oct 2026). Check the official copy on Canvas if in doubt.