

COSCA Certificate in Counselling Skills: Module 1 Unit 3

Attending

Using core qualities: -

- Acceptance
- Genuineness
- Empathy

SOLER

Sit squarely

Not intimidating
Involved

Open posture

Open to what client is saying / available
Non-defensive

Lean forwards

Engaged
Interested

Eye contact

I'm here with you
I see you

Relax!

Not fidgeting being comfortable in your known body
Your own physical and emotional responses can inform
your work with the client