

Personal Reflections

Reflecting on your own experience and learnings in relation to interpersonal skills, rate yourself using the 1-10 scale (1= having no experience, 10 = complete confidence).

	Skill	Rating	Skill	Rating	Skill	Rating	Skill	Rating
Attitudes and characteristics of effective therapeutic group facilitators	Presence		Courage		Hopefulness		Immediacy	
	Curiosity about the group process		Motivation and intention towards group defined goals		Willingness to confront oneself		Willingness to adapt to the needs of the group	
	Openness to ongoing learning		Sincerity and authenticity		Self of self-identity		Sense of humour	
	Belief in group process and enthusiasm		Inventiveness and creativity		Value mindful and reflective practice			

Active listening skills	Paraphrasing		Clarification		Summarising		Immediacy	
	Reflection		Feedback					

Skills to establish alliance	Empathy		Genuiness		Openness and courage		Asking to receive feedback	
	Congruence							

Skills for group cohesion	Presence		Timing		Use of silence and pause		Eye contact	
	Direction		Use of humour		Use of physical body and movement in the room			