



HOME STANCE

These 6 simple (but not always easy) communication strategies are the powerhouses of effective, respectful and empathic mental health counseling. We could spend our whole lives practicing with these!

Warmth in
**posture, tone and
body language**

Open Ended Questions:
The gold standard of
all communication.

Tell me more about that...

*What are your
thoughts about this?*



Empathic Reflection:
Deep listening; checking our
understanding & helping
people hear and listen
to themselves.

*It sounds like one part of you
feels one way, and the other....*

It sounds like you...

Acknowledging Feelings:
Emotions are deeply important;
reflecting them back affirms
we care.

I can hear how sad you are...

You sound so happy!...

Countering Shame
letting people know
they are not alone.

*It is so normal, the way
you feel. Anyone would
feel the same.*

*So many of us
struggle with this...*



Affirming Strengths:

The powerhouse
of powerhouses; seeing
and saying how amazing
people are!

*You are so incredibly committed
to being a great mom...*

*You are so skilled at developing
trusting relationships...*