

COUNSELING TIPS

The following tips are provided to help you connect with your client and form enough trust for them to talk to you so that you can help them.

1 MANAGE YOUR EMOTIONS

- Breathe
- Sip water
- Make *dhikr* and *du'a*



2 CHECK

If the person is feeling safe to talk



3 PAY ATTENTION

- Focus
- Avoid interruptions/distractions



4 LISTEN ACTIVELY

- Paraphrase what you hear to make sure you are understanding
- "I'm hearing you say....:"
- "It sounds like...."



5 ASK OPEN-ENDED QUESTIONS

- "What would be helpful to you in this moment/from this session?"
- "Tell me more about that."
- "Help me understand...."
- "How is this affecting you?"
- "What are your sources of comfort/support?"



6 VALIDATE

- Let them know you understand
- Acknowledge complexity of the situation
- "It makes sense that you are feeling anxious/depressed/angry..."



7 OFFER HOPE

- Remind people of their strengths
- Inquire how people have overcome previous challenges
- Ask for evidence of how God has helped them or blessed them in the past and present



8 REMEMBER

Listening IS an intervention. When you listen, you convey that the person matters, that you care. When you listen, you begin the healing process.

