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.

For more information & resources, visit www.peacefulfamilies.org