

## Using summaries and feedback to structure the session

An ability to structure the therapy session by regularly giving feedback to the client, and by eliciting regular feedback from the client
An ability to elicit and respond both to verbal and non-verbal feedback from the client throughout the session (i.e. to take into account explicit statements made by the client, their in-session emotional reactions, and the therapy process as a whole)
An ability to give verbal feedback to the client throughout the session, by offering 'capsule' summaries and by 'chunking' important (salient) information and/or topics
An ability to invite summaries from the client (to check that the therapist understands the client's problems and that the client understands what the therapist is saying)
An ability to offer summaries at the start of sessions (e.g. a review of prior sessions) and at the end of the session (covering the main points of the session)