

Ability to help the client become aware of unexpressed or unconscious feelings

Knowledge

An ability to draw on knowledge that the client may be troubled by feelings and experiences other than those which they consciously report
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Application

Ability to facilitate the expression of unexpressed or unconscious feelings by:

communicating to the client that their feelings can be tolerated and thought about by the therapist (i.e. through the therapist's understanding, empathic stance)

responding to non-verbal cues by the client and linking these to unexpressed or unconscious feelings
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Ability to engage the client in exploring unexpressed or unconscious feelings

An ability to help the client put into words what they feel, or fear feeling, by:

enquiring into the subjective meaning of the client's use of particular words, dreams, fantasies or non-verbal behaviours

encouraging the client to stay with a current feeling as it emerges in the session and to articulate what they are experiencing

An ability to help the client explore internal and interpersonal obstacles to the awareness, and expression, of particular feelings (especially in the context of the relationship with the therapist).
