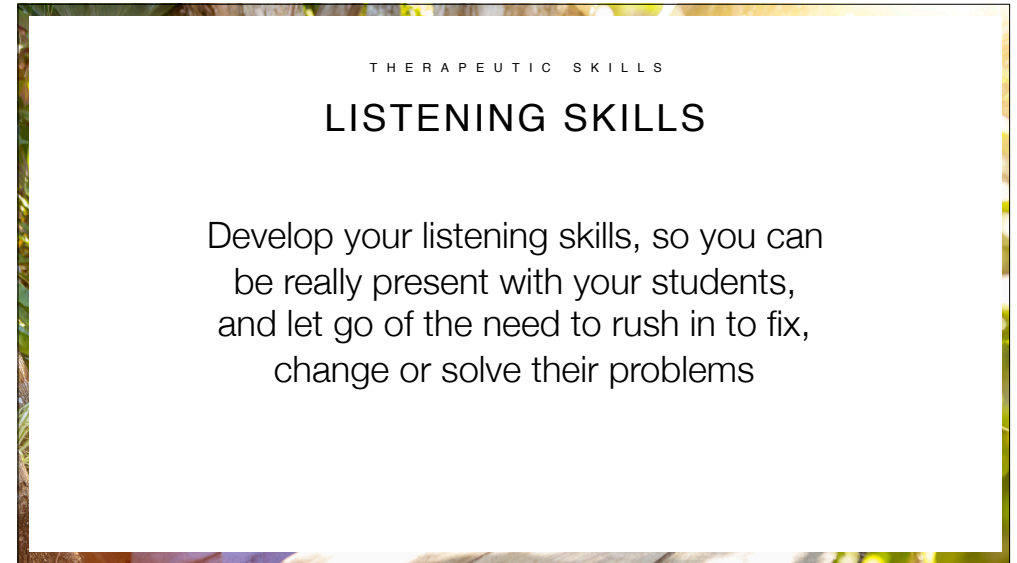




THERAPEUTIC SKILLS
LISTENING SKILLS

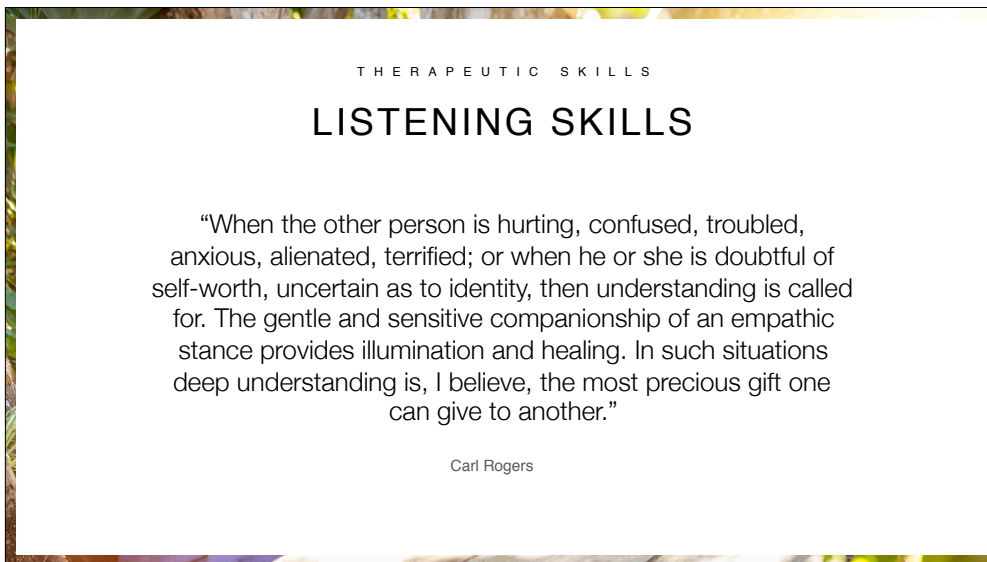
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THERAPEUTIC SKILLS
LISTENING SKILLS

Develop your listening skills, so you can be really present with your students, and let go of the need to rush in to fix, change or solve their problems

2

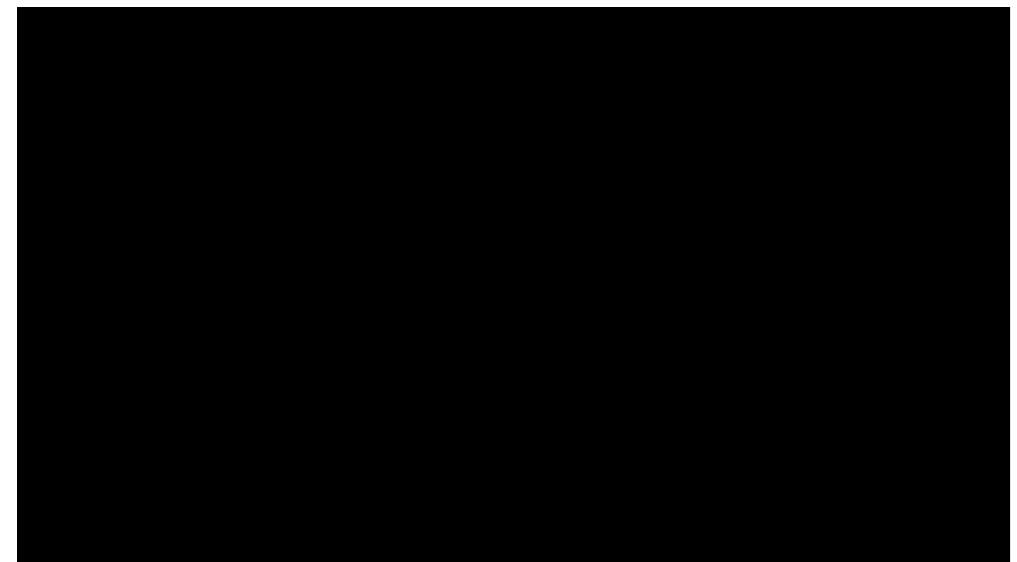


THERAPEUTIC SKILLS
LISTENING SKILLS

"When the other person is hurting, confused, troubled, anxious, alienated, terrified; or when he or she is doubtful of self-worth, uncertain as to identity, then understanding is called for. The gentle and sensitive companionship of an empathic stance provides illumination and healing. In such situations deep understanding is, I believe, the most precious gift one can give to another."

Carl Rogers

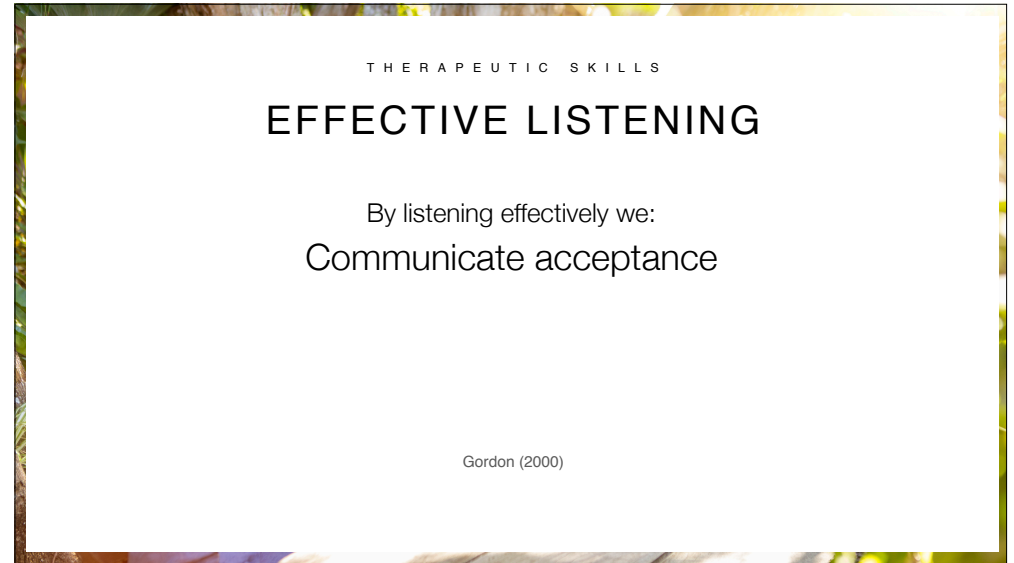
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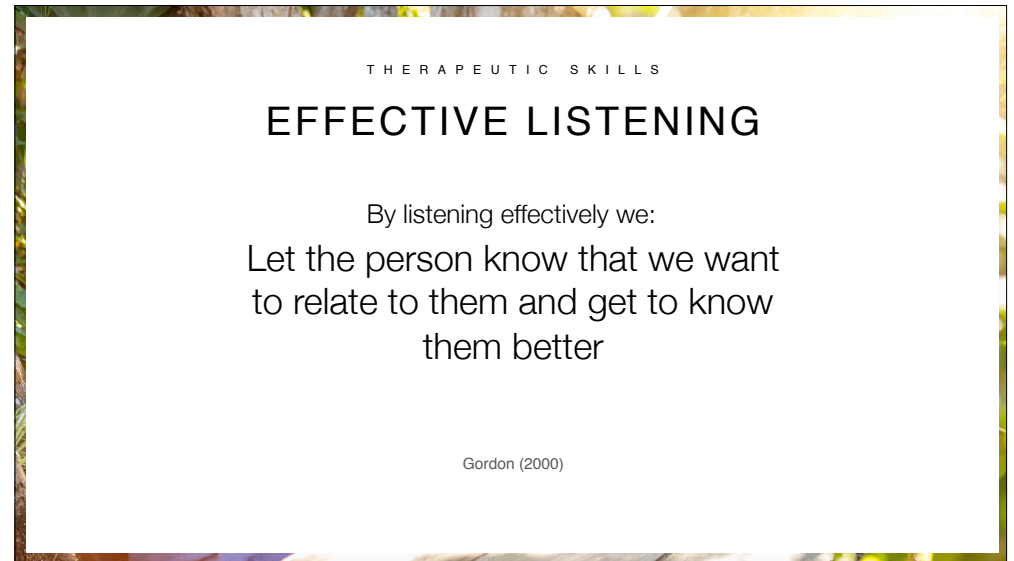
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THERAPEUTIC SKILLS

EFFECTIVE LISTENING

By listening effectively we:

Build trust

Gordon (2000)

9

THERAPEUTIC SKILLS

EFFECTIVE LISTENING

By listening effectively we:

Encourage people to talk

Gordon (2000)

10

THERAPEUTIC SKILLS

EFFECTIVE LISTENING

By listening effectively we:

Keep our own judgements out of the
communication process

Gordon (2000)

11

THERAPEUTIC SKILLS

EFFECTIVE LISTENING

By listening effectively we:

Allow people to talk about what is
really going on for them

Gordon (2000)

12

EFFECTIVE LISTENING

Obstructions to effective listening include:
Wanting to solve / rescue / give advice

Egan (2002)

13

EFFECTIVE LISTENING

Obstructions to effective listening include:
Planning answers while the speaker
is still talking

Egan (2002)

14

EFFECTIVE LISTENING

Obstructions to effective listening include:
Fear of not knowing what to say
and thinking you should have
all the answers

Egan (2002)

15

EFFECTIVE LISTENING

Obstructions to effective listening include:
Daydreaming

Egan (2002)

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EFFECTIVE LISTENING

Obstructions to effective listening include:

Parroting

Egan (2002)

17

EFFECTIVE LISTENING

Obstructions to effective listening include:

Feeling bored

Egan (2002)

18

EFFECTIVE LISTENING

Obstructions to effective listening include:

Being superior / inferior

Egan (2002)

19

EFFECTIVE LISTENING

Obstructions to effective listening include:

Dislike of the speaker

Egan (2002)

20

EFFECTIVE LISTENING

Obstructions to effective listening include:
Pre-empting what the speaker
is saying

Egan (2002)

21

EFFECTIVE LISTENING

Obstructions to good listening include:
Partially listening

Egan (2002)

22



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SIMPLE WAYS TO LISTEN



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SIMPLE WAYS TO LISTEN

Silence

Gordon (2000)

25

LISTENING

Body language

Nodding, open posture and
eye contact

Gordon (2000)

26

LISTENING

Short noncommittal responses

*'I see,' 'Oh,' 'Mm-Hmmm,' 'Wow,'
'Interesting,' 'Really,' 'You don't say,'
'No kidding,' 'You did, huh,'
or 'Is that so!'*

Gordon (2000)

27

LISTENING

More explicit ways

*'Tell me about it,' 'I'd like to hear about it,'
'Tell me more,' 'Would you like to talk about it?,'
'Tell me the whole story,' or
'Go ahead, I'm listening'*

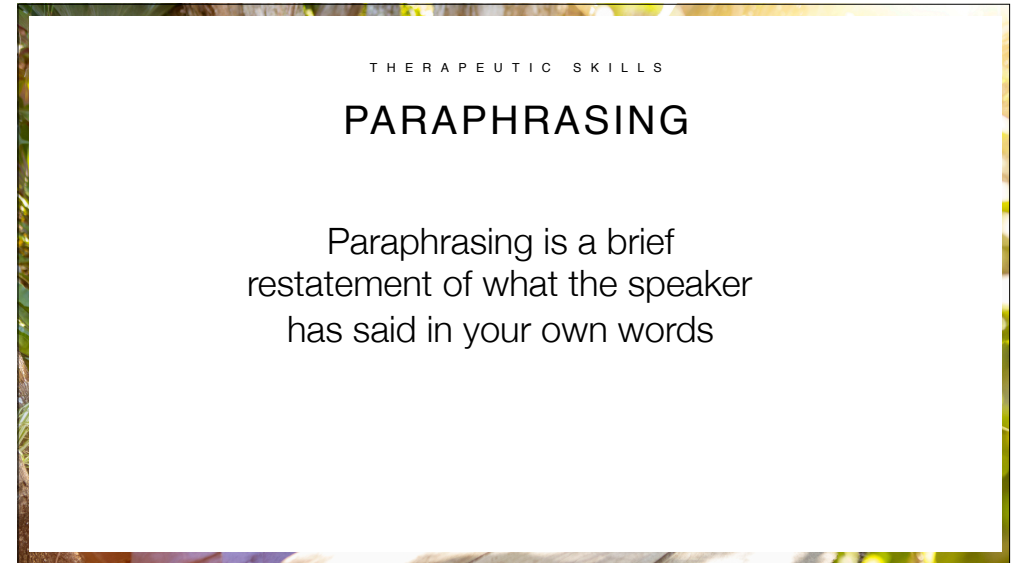
Gordon (2000)

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THERAPEUTIC SKILLS
PARAPHRASING

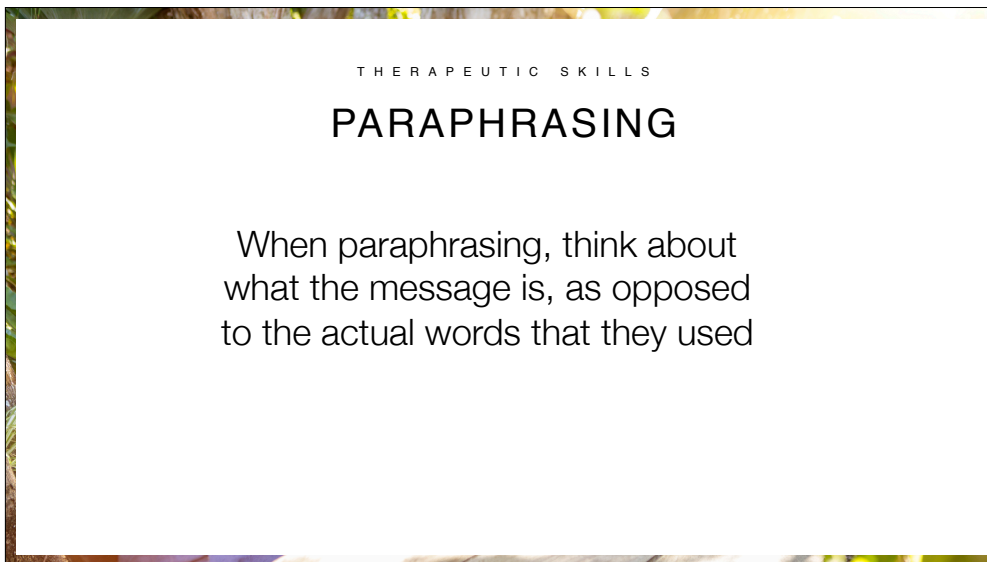
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THERAPEUTIC SKILLS
PARAPHRASING

Paraphrasing is a brief restatement of what the speaker has said in your own words

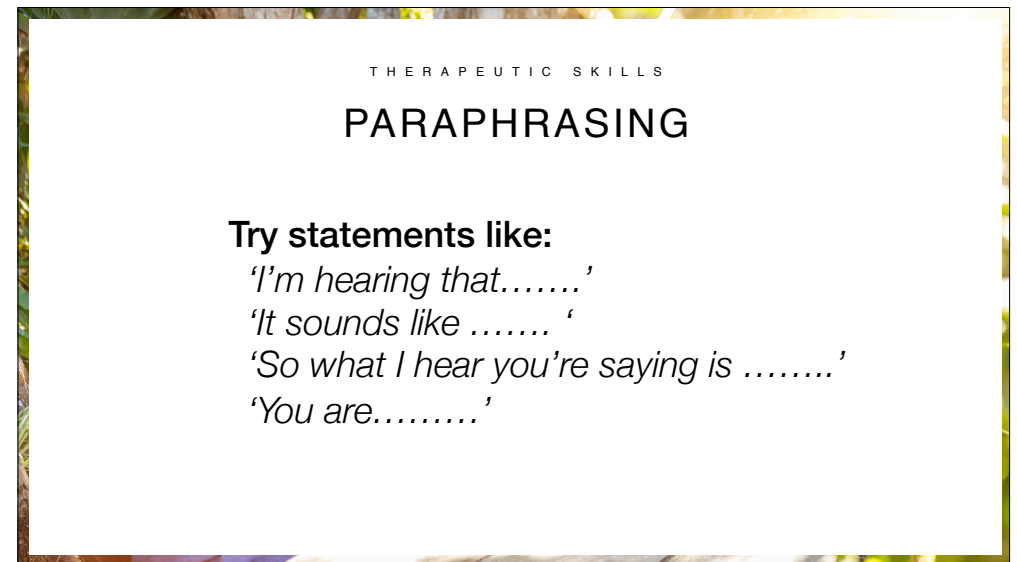
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THERAPEUTIC SKILLS
PARAPHRASING

When paraphrasing, think about what the message is, as opposed to the actual words that they used

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THERAPEUTIC SKILLS
PARAPHRASING

Try statements like:

'I'm hearing that.....'

'It sounds like

'So what I hear you're saying is

'You are.....'

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PARAPHRASING

Paraphrasing is not:

- Parroting
- A lengthy commentary
- Adding any additional information
- Analysing or commenting on the information

33

PARAPHRASING

Present the paraphrase in a tentative way to invite correction if needed

34

EMPATHISING



35

EMPATHISING

Empathising means attending, observing and listening, a kind of *being with* an individual to deeply understand their world

Egan (2002)

36

EMPATHISING

Empathising means means feeling
with people

Brené Brown

37

EMPATHISING

“It means entering the private perceptual world of the other and becoming thoroughly at home in it. It involves being sensitive, moment by moment, to the changing felt meanings which flow in this other person, to the fear or rage or tenderness or confusion or whatever that he or she is experiencing. It means temporarily living in the other’s life, moving about in it delicately without making judgements”

Carl Rogers

38

EMPATHISING

Listening and connecting with
empathy is a wonderful skill
for Yoga Teachers

39

EMPATHISING

Listening with empathy may also
include a simple statement to let your
student know that you’ve heard and
understood their experience

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THERAPEUTIC SKILLS

EMPATHISING

It's less about the words you use,
and more about your presence and
willingness to sit in the discomfort
with your student

41

THERAPEUTIC SKILLS

EMPATHISING

'Wow, that sounds really tough'

42

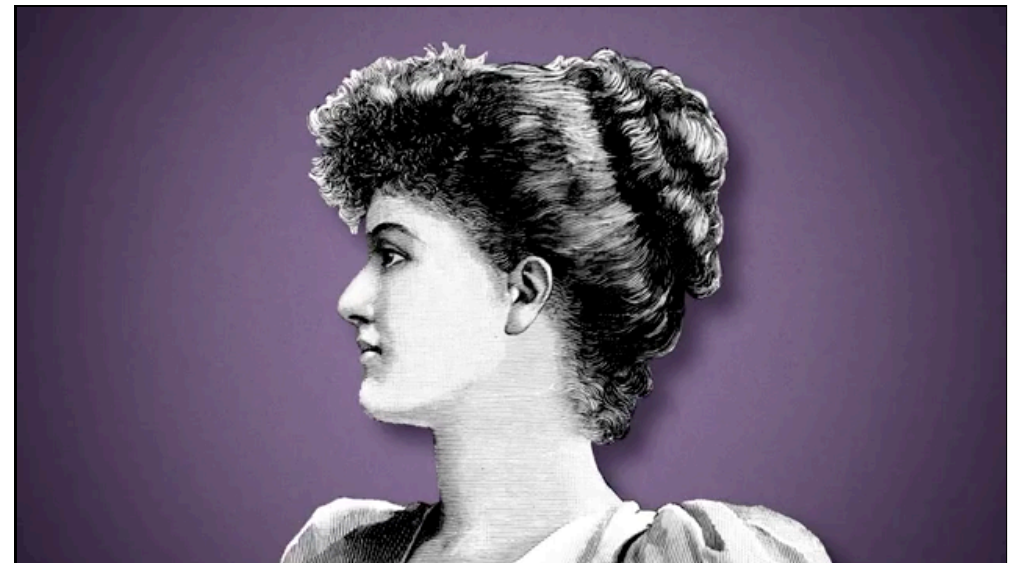
THERAPEUTIC SKILLS

EMPATHISING

*'I don't even know what to say right
now, I'm just so glad you told me'*

Brené Brown

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THERAPEUTIC SKILLS

UNCONDITIONAL POSITIVE REGARD

45



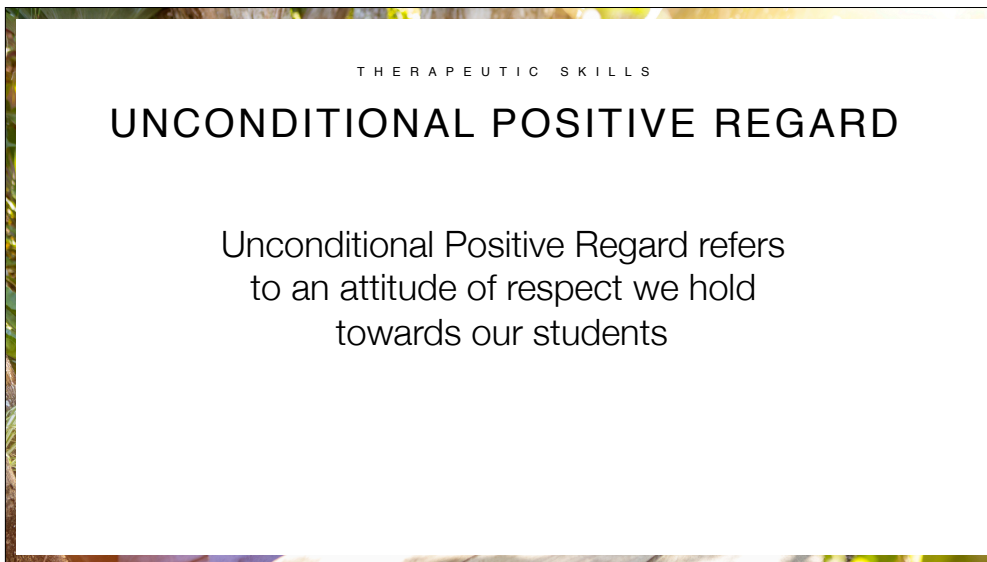
THERAPEUTIC SKILLS

UNCONDITIONAL POSITIVE REGARD

"People are just as wonderful as sunsets if you let them be. When I look at a sunset, I don't find myself saying, "Soften the orange a bit on the right hand corner." I don't try to control a sunset. I watch in awe as it unfolds."

Carl Rogers

46

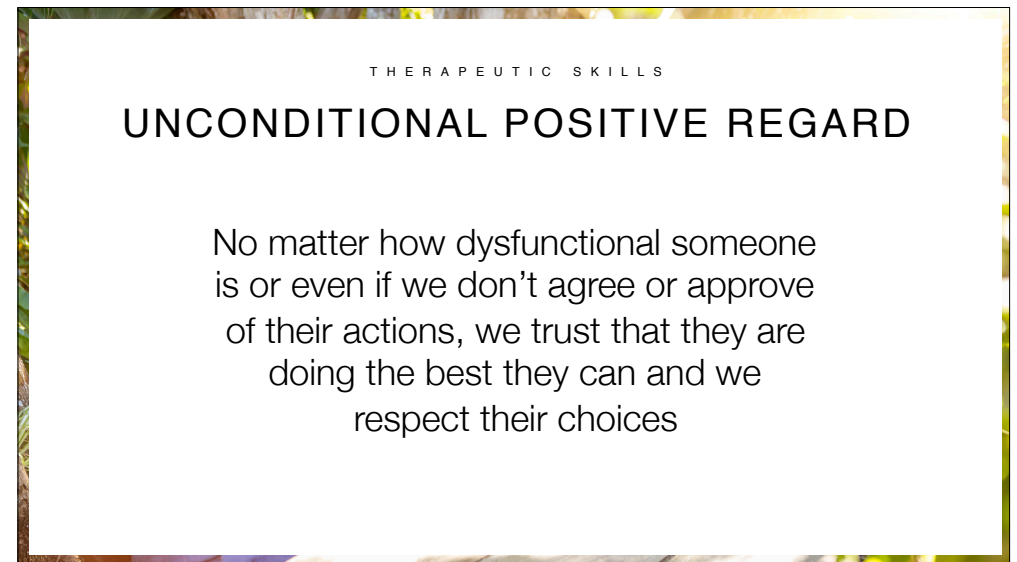


THERAPEUTIC SKILLS

UNCONDITIONAL POSITIVE REGARD

Unconditional Positive Regard refers to an attitude of respect we hold towards our students

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THERAPEUTIC SKILLS

UNCONDITIONAL POSITIVE REGARD

No matter how dysfunctional someone is or even if we don't agree or approve of their actions, we trust that they are doing the best they can and we respect their choices

48

T H E R A P E U T I C S K I L L S

UNCONDITIONAL POSITIVE REGARD

Unconditional Positive Regard is not about always smiling and agreeing with our students, but rather a stance of respect

49

T H A N K Y O U



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